

THE  
SPIRAL ROAD TO GOD  
A BOOK FOR CHILDREN AND THEIR  
PARENTS



ALETA B. BAKER

KESSINGER LEGACY REPRINTS

# The Spiral Road to God

A BOOK FOR CHILDREN AND THEIR PARENTS

BY

ALETA B. BAKER

ILLUSTRATED BY GIBBS MASON



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DEDICATED TO  
THAT IMMORTAL FLAME  
VEILED WITHIN THE SOULS  
OF ALL CHILDREN

*“Suffer little children to come unto me,  
and forbid them not: for of such is the  
kingdom of God.”*

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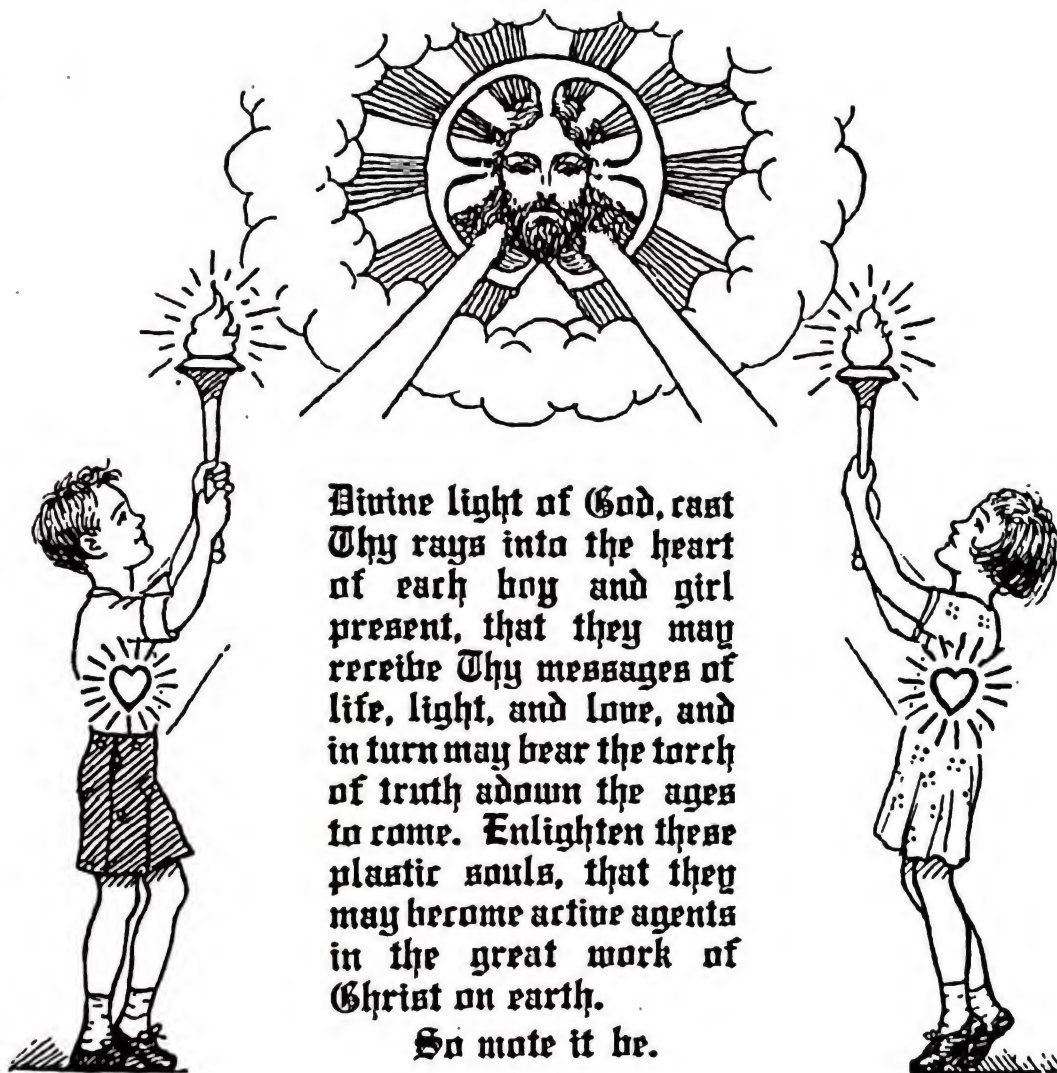
## PREFACE

The **Spiral Road to God** was written in the hope that it will prove especially beneficial to mothers of growing children, for its eighteen lessons are more or less graded to meet the spiritual needs of various ages. Beginning with the early chapters where the law in man and the planet is veiled in story form and thus can be read to very young children, it leads up to those for older boys and girls even in their teens, containing information on the interacting laws of body, soul, and spirit, and how to work in harmony with them. The first four are on the ever present reality of a Divine Being; the next four on how to make practical use of this divine power; the next four on the wonders to be found within form, especially our own bodies; and the last six on how all forms change but the spirit within remains the same. These are to stimulate and foster, while the mind is still plastic, the broader vision and tolerance which the future years will demand.

The lessons are so arranged that they can be taught in the classroom either in their entirety or as bits of interesting knowledge to be sandwiched in, and are adapted for the public school as well as the Sunday school teacher. But, as I have already said, my hope is that mothers will study this book and teach its precepts to their children at home, filling in the gaps themselves from their own fund of Biblical wisdom.

If **The Spiral Road** meets an existing need it will be followed later by a second volume which will contain six lessons on the other religions and twelve on Christianity, showing how the latter is a unification of all the major beliefs synthetically merged into the Christ doctrine.

ALETA B. BAKER.



Divine light of God, cast  
Thy rays into the heart  
of each boy and girl  
present, that they may  
receiveth Thy messages of  
life, light, and love, and  
in turn may bear the torch  
of truth adown the ages  
to come. Enlighten these  
plastic souls, that they  
may become active agents  
in the great work of  
Christ on earth.

So mote it be.



## LESSON 1

### THE REALITY OF A DIVINE BEING

In the first lesson I shall talk about the reality of God, though this seems a very big subject for children to understand. But by patient study you can in time come to know and to feel God as a real Being, one that is near at hand and ready at all times to respond even to the smallest child, if you only know how to call upon Him for help.

The study of God is not nearly so hard to grasp as the difficult lessons at home and at school, which you are expected to understand, and I feel sure that if you, and all children, only realized why grown people expect so much from you, then you would not be so discouraged in trying to measure up to what your mother, or father, or teacher expects.

I can remember, when I was a small girl, that my teacher seemed to think I knew or ought to know more than she did, and now I realize that this is literally true—children often do know more than their teacher does about the reality of life. Do you ask why? Because you have so lately come from the place where the divine Lord of Life dwells, and if you but knew how to go within your own soul-mind now, while the way is still open, you could advance far ahead of the older children, the grown-ups.

The reason for this is that when boys and girls are young, they have not as yet built up a hard crust about their minds, and they can understand the problems of life and mind much more easily than later on, when they grow older.

Does it seem strange to learn that you originally came from a beautiful place where everything is far ahead of this world? It should not, for you read in your geography that some countries, Italy for instance, have a much more sunny climate than New

England. Then is it not reasonable to suppose that other worlds may have more beauty than our earth?

Some of you, in spite of the fact that you have been told differently, still think that God lives in the distant sky, in a place called heaven. This is true—He does, but He also lives here on earth, and is near at hand as well as far away. He is everywhere, and because it is difficult to understand how that can be, I will try to show you how it is possible for Him to be in all places at the same time.

In the beginning, before there were any people, or worlds for them to live upon, God was, and He began to long for children, just as your father and mother longed for you. Where were the people and worlds to come from, when there was just God Himself? How could He make them?

This is what God did, in His love and longing to see His children about Him. **He used His own energy and light**, and out of that He made not only the people, large and small, but the worlds, and suns, and stars, and waters for these children of His to live upon. He made the trees to stand, the grass to grow, the flowers to bloom,—and all of these He made out of His own Original Substance.

But of course He did not make them all at once, for He is still at work upon them, and at first they did not look as they do now. It takes a long time to complete a great big world, and every year, now as then, it alters its form and appearance somewhat, according to His will.

His thoughts also entered into all that He made, and this is why, if you listen closely, even the flowers and trees will tell you the thoughts in their hearts, for they have a consciousness of their own, although it is not the same as yours. They must have, for in them, as well as in you, is the same material, animated by the thoughts of God.

You know that when you want to draw a house or an automobile



you have to see it in your mind first, and then draw it as you think it looks, so that the picture is formed according to your thought. In the same way God's thought comes first.

And even though you use the very same paper and the same pencil, you can draw any number of different things, because each is animated by a different thought in your head. In the same way God changes the One Substance into different things by His thoughts.

In fact this one material that God used in building for us, His children, such a beautiful world, is completely filled with His thoughts—it is really thought-material. The wind that blows, the sun that shines, the rain that falls so refreshingly, all are children of God just as we are, only they are in different forms from ours. Even the wind will talk to you if you learn its language.

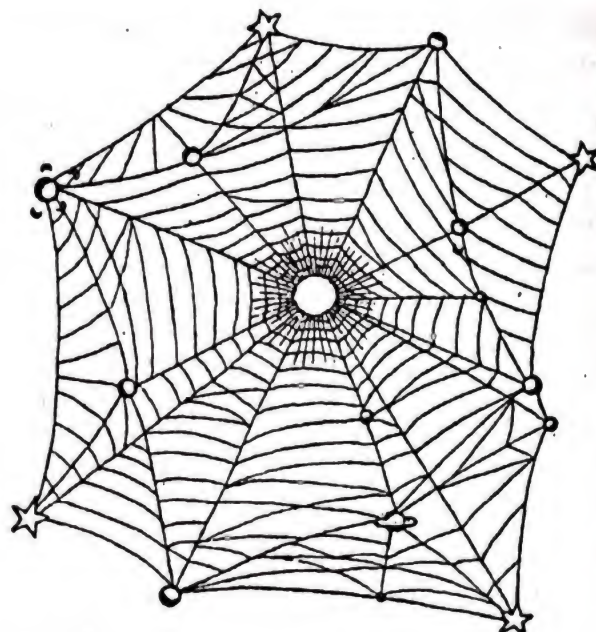
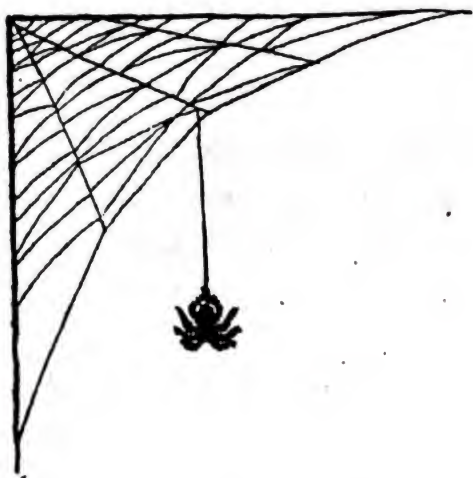
So you see that God really is everywhere. How can it be otherwise, when **He lives within all His children?** Each tiny object is His because made out of His Substance, and His mind is all the mind it has.

You may well ask where God found so much Substance, when there were no stars or worlds for Him to use. All this Substance came from Himself. Perhaps it will seem clearer if I ask you to think of a spider spinning its web, for we will use that as a very simple illustration of the way God creates. Have you ever watched a spider spin a web?

As he works he breathes faster than before and so forms and brings forth, by the quick action of his breath and the power of his body, a silken substance which he weaves into a web—a web that is to become a home for him. First there was just the spider, then there were both the spider and the web; but the web was part of the spider in the beginning, only we could not see it because it was hidden away within his body, and it did not look as it does now.

This example gives us an idea as to the way God created the





original system of worlds, as well as all that exists about us—the plants and worms, the waters and all the fish within them, the animals and the mineral life. All these are made from the Substance of God, for **all substance belongs to God**, no matter how many times it has been changed or how many people use it to create new things. We can take a tree if we wish, and make from it many different things, a house, or a wagon, or a chair, but we cannot make the tree itself. Only God can form the seeds and give them the power to grow. He creates and we re-create.

The reason each created thing is different from the others is that each contains, in number and form, a thought or vibration of God's mind that differs from all the rest. Each form sets up a momentum of its own that determines the grade of light it shall express.

A glass of water, a snowball, and a cloud in the sky are all made out of water, but yet they are very different. In the same way, if you have a glass marble, and a metal knife, and a piece of wood, all these three things look different and you use them differently, yet they each and all are made from the One Substance of God.



But the thought within them is different, because the forms which contain and control the vibration in each object are different.

The glass marble, the metal knife, and the piece of wood all are moving at different rates of thought, because formed differently in God's mind, and this is what makes the difference between them. Glass has a high fine vibration, or rate of motion, but we know that this rate of motion, or movement, is but the thought of God in His own Substance.

Can you see now why God is everywhere and all about us? He is even in the very house you live in, because in its structure, if it is a wooden house, are the trees that were made and grown out of His Substance. And if it is of plaster or brick, still it is a part of God, for rocks and sand are made out of the One Substance just the same, and in the inner nature of all of them lives the thought which formed them and which comes from God Himself.

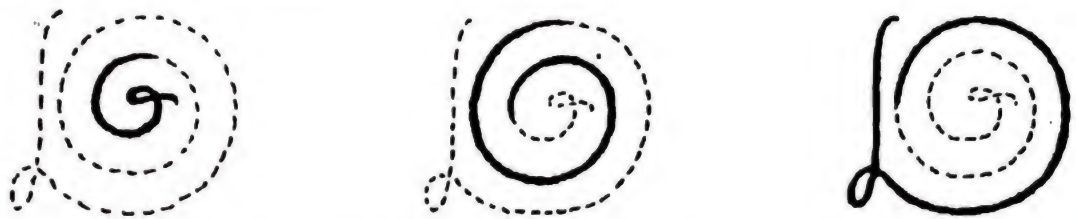
If you realize that everything you touch and see is a little piece of that same wonderful Substance, and a separate thought of God, the trees and flowers and animals and birds will seem much more marvelous to you; and you will treat them gently and take good care of them, because they are not only a part of God, they are a part of yourself as well, since you and they are made out of the same Substance.

Perhaps if I put it in the form of a story you will understand better how God created His children and His universe after the pattern in which He Himself is best understood—with an outer body and an inner soul, and with a spirit-mind which animates both of these, and thus controls all the various parts of this world as well as each of His children.\*

Some people might call it a fairy story and yet it is true, nevertheless, for it is a story and yet it is not a story. We watch the ones in it as if they were other people, and yet they are ourselves. In

\*See Appendix, Note 1.

hearing it we shall sit quite still and yet take a wonderful journey. You will see things that began millions of years ago and yet are never finished. The road you will travel has always been there and yet it is always new. In these lessons you are only taking the journey mentally, but some day you will wake up and find yourself truly on the road itself.



If you will look at this picture you will notice that the word **God** is spelled with three letters, first **G**, then **O**, and lastly **D**. And starting from **D** is a long Spiral Road that goes all around the circle till it passes through **O**, then keeping on around the circle again it finally comes to an end within the letter **G**. Our story has to do with this Spiral Road that starts on the outside and ends at the center.

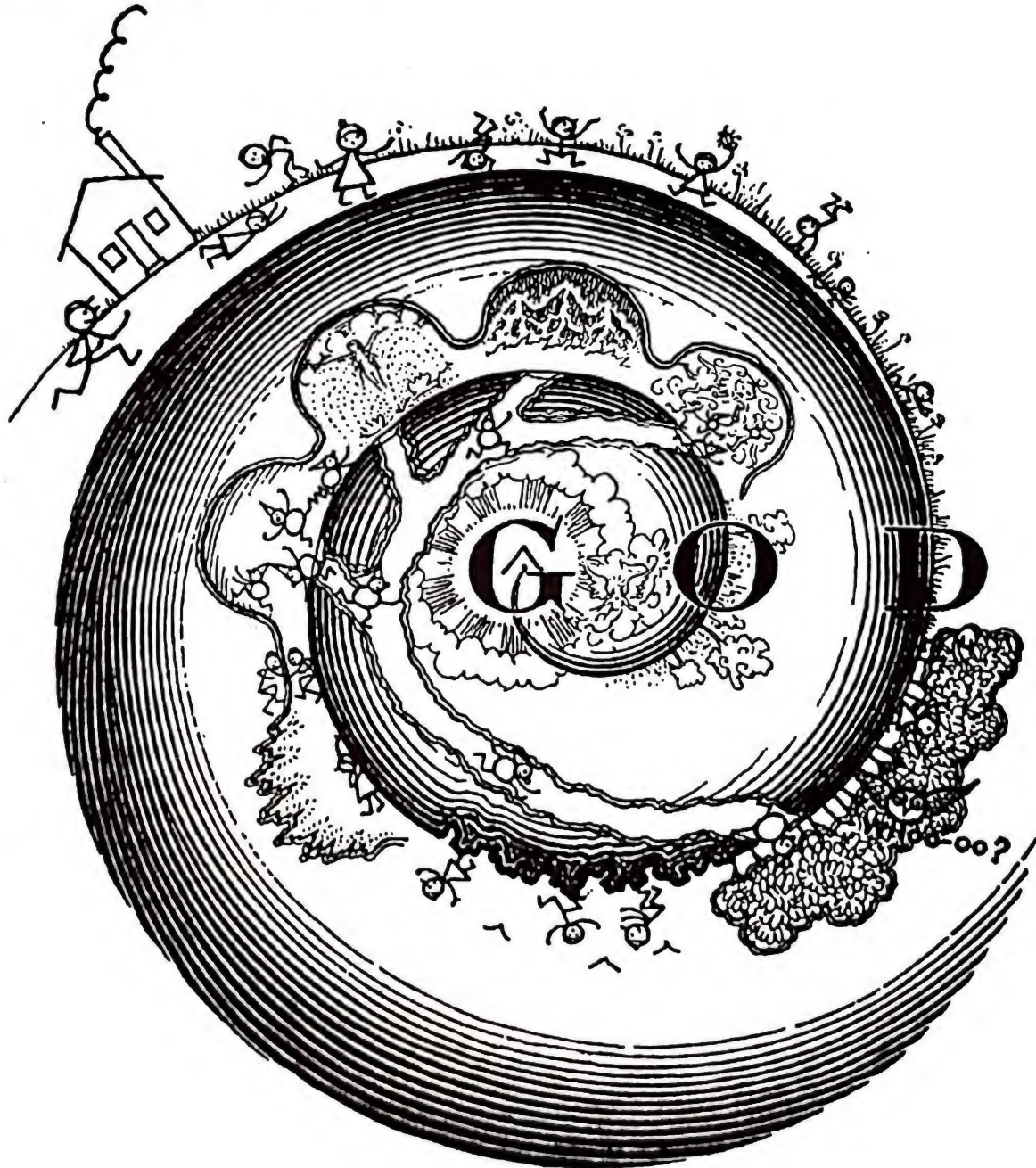
Once upon a time there was a teacher and a group of children who followed this path that leads from the letter **D** around and inward through **O**, and then upward to the Mountain of **G**. And the reason why we can go over that very path with them and yet sit still at the same time is because it resembles the road that leads to the inner self within each one of us, that beautiful land of the soul from which you so lately came.

Three things are necessary in order to take the journey in the best way: 1st, look very carefully at this picture, so that you can remember how the road spirals inward; 2nd, sit up straight and quiet, without moving hands or feet; and 3rd, if someone is reading this story to you, close your eyes gently, so that you can use the inner eyes of your mind instead of your outer physical eyes. If



you are reading it yourself, then pause often, and make the pictures in your own mind.

Now, while you are as quiet and still as if you were half asleep, listen closely, and as I tell the story, watch the mental pictures form within your mind.







Once upon a time six children and their teacher started at D, the beginning of the road in the picture, for D is the outer crust of everything, the body part of God, the world, and His children. It is everything you can see, touch, or feel in this world about you, including the body you live in.

They began in this everyday world that we all know, and the first part of the Spiral Road took them out of D, away from the houses where people live, and inward to the still, remote borderland between D and the Land of O, which is that part of ourselves and God called the **soul**. Everything there is much more beautiful than on this earth we can see, or the Land of D, and many strange things are to be found there.

First they walked along a fine wide path in the middle of a large green field, where wild flowers bloomed; just the sort of a meadow you have all seen, warm and sunny. And some of them stopped to pick a few daisies and buttercups, just as you would. One of the boys found a wonderful bright beetle, and they all came up to look at its lovely colors: green, red, yellow, black, and brown.

Can't you see all those colors gleaming on its tiny back? Just think of the work that was expended upon it to make it so beautiful! Many lovely thoughts of God must be there in color form.

That one little bug could tell them many things they would like to know, if they only understood its language. It could tell what the rocks say, and what the grass and the flowers talk about, for as it wears the bright colors of earth and earth's flowers, it must have the same thoughts in it and know their language.

Beyond the field the path entered a forest, which looked very dark and mysterious. Ferns were growing all about, even under foot, for the path was becoming very narrow, sometimes disappearing entirely. The trees stood perfectly still—not a rustle overhead—as if they were holding their breath with surprise because they were not used to seeing anyone on this path, it was so seldom traveled.

Feeling a little breathless from the strange stillness, they hurried along after their teacher, each one holding fast to the hand of the one behind, for the woods were dark and some of the little ones might get lost in them. Even the oldest hoped that no big snakes or frogs lived in that gloomy place.



Suddenly they stopped in fear. Listen! What was that noise? Unconsciously they all crowded close together and waited. Even the teacher was startled, for it was a scary noise and she had so many children to look out for! What could it have been?

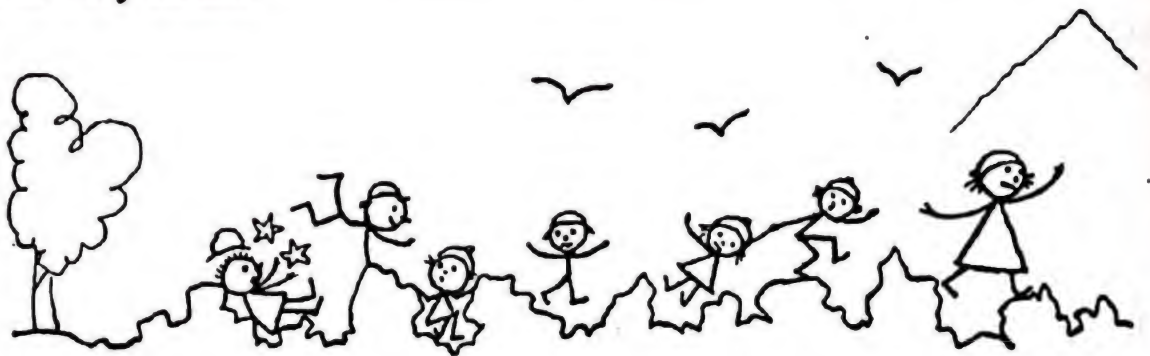
There it was, nearer this time—whoooo! whoooo!—and then how the teacher laughed at her foolishness. “Why, children, come on—it is only an owl!” she said.

And sure enough, there it was just ahead of them, flying along heavily as though disturbed from sleep, and disappearing once more in the trees—a great, white owl. And they forgot their momentary fear when she told them that to see an owl was very lucky for those who journeyed along the Spiral Road, as he was called the Wise Old Owl, and would bring them wisdom.



On they went again, stepping softly in the dim light, and after keeping on for what seemed a long, long time they came to the end of the wooded place, and found that from there on the path was much wider and easier to follow.

It led them into a deep valley, with big rocks strewn everywhere, as if some playful giants had been tossing them about as you do snowballs. No grass, no flowers, nothing beautiful—just big desolate rocks as far as one could see. They made one feel lonesome and very small.



The children were beginning to feel tired, too, and to wish that they had not come. But the teacher never answered when they called—she kept hurrying along without stopping at all, and as they were afraid to go back through those dark woods all alone, they followed close behind, each wondering where the Land of O could possibly be, and rather sorry that he had started out to find it.

For a long time they walked amid the great rocks, seeing nothing else except, flying high in the air, some large birds which looked like hawks or eagles. Then suddenly, up there in the sky above, and in the far distance, they glimpsed faintly the top of a high Mountain.

“Oh, is that where we have to go, do you think? Way up there?” they asked each other, discouraged because they were so tired.

But as they looked and wondered, all at once there was no more sky, or Mountain, or tumbled rocks, but just a soft twilight, for

they were entering a large cave, whose walls and roof gleamed silvery white above them in fairylike formations, while underneath was a sort of deep moss like a thick carpet under their feet.

It looked wonderful to explore, but they were too tired to do it now, and one by one they sank sleepily down on the soft moss, and their last memory was of eating the sweets from the box that their teacher opened and passed to them for their refreshment.



You may open your eyes now, for that is the end of the story until the next lesson, when the children wake up in the cave and go on with their journey.

Now let us stand up, after sitting quietly for so long, and rest ourselves, changing our thoughts and our position by means of some simple exercises, and breathing to music. After that I am going to ask you some questions, to see how much of this lesson you remember and understand.

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## EXERCISE

*(These exercises are arranged for simple waltz time, and are greatly helped by the vibration of music. But if this is not available, counting aloud may be used. Be sure to explain the exercise thoroughly first.)*

1. Breathe in through the **nose** to count of 1, 2, 3.
2. Breathe out through the **mouth** to count of 4, 5, 6.
3. Complete exercise to be done five times.  
(The second part of this exercise is like the first, except that each breath is twice as long.)
4. Breathe in through the nose to count of 1, 2, 3, 4, 5, 6.
5. Breathe out through the mouth to count of 1, 2, 3, 4, 5, 6.



6. Also to be done five times.  
(When the longer breath can be taken correctly, add the following:)
  7. Breathe in through the nose to count of 1, 2, 3, 4, 5, 6, rising on toes slowly and raising arms sideways till they are over the head.
  8. Breathe out through the mouth to count of 1, 2, 3, 4, 5, 6, sinking onto heels and lowering arms to sides.
  9. To be done five times.
- 

Now that you are rested and wide awake, you may sit down and I will see if you can answer these questions.

### QUESTIONS

1. How shall we come to know the reality of a Divine Being?  
*Ans.* By the study of God's laws.
2. How is it that God is far away and still near at hand?  
*Ans.* Because all is made of One Substance.
3. Is there more than one aspect of God?  
*Ans.* Yes, three.
4. Can you name them?  
*Ans.* Body, soul, and spirit-mind.
5. Where did the children begin their journey?  
*Ans.* In the Land of D.
6. Which land is D?  
*Ans.* The outer crust.
7. What animal did they see in the forest?  
*Ans.* The white owl.
8. Why should the teacher say it was lucky?  
*Ans.* Because he is called the Wise Old Owl.
9. Do we wish to become like the Wise Old Owl?  
*Ans.* Yes.  
Why? (Let each child answer.)
10. What caused them to feel that their teacher knew the way to the Land of O better than they did?  
*Ans.* Faith in their teacher.

## LESSON 2

### THE JOURNEY FROM D TO THE LAND OF O



You remember that in the first lesson I explained that God made us like Himself, in three parts, body, soul, and spirit. And to make it clearer I called these three parts the Land of D, the Valley of O, and the Mountain of G, with the Spiral Road going round and inward from D to O, and from O to the Mountain of G, in the very center. And I started the story about the children and their teacher who took the journey around this Spiral Road.

They had gone through the meadow with its wild flowers, and the dark woods where the White Owl was, and the desolate valley full of tumbled rocks, and had caught a glimpse of the Mountain very far away. Then they suddenly entered the cave of stillness and softness, where they sat down to rest and eat the candy the



teacher gave them. They were so tired that not one question was asked, nor did they even try to see where they were, until they had rested and eaten every piece of candy.

Then the teacher said, "You have been dear children, and very brave about the dark woods and the desolate valley of rocks; and now while you are becoming used to this pure air and the stillness of this place I will tell you something about the Land of O, where you are going next.

"You must know that the Land of O, even as our own outer world D, belongs to God and is just as real as the everyday world, yet very different, as you will later find out. The Land of O is in every way ahead of D; in its color vibration, for one thing. That is, all the colors there will be softer and lighter than those you know in D.

"Then too, in all the sounds you will hear in the Valley of O not one discordant horrid note can be noticed. Even here in this outer cave you can tell the difference, for the stillness is restful rather than tiresome.

"Feel the velvet softness of the earth beneath your feet, and see the delicate silvery tints of the cave. The light that comes from all sides is silvery in color. In the Land of D the light is not this silvery tint, but has a much harsher tone, or color. In fact even at the outer entrance to the Land of O (which is but the land of the **Soul of God**) there is a change toward the better in light, in color, in sound, and in the substance contained in the composition of the earth.

"Let me tell you the reason why this is so. In the last lesson I said that children usually believed God to be far away rather than near at hand. And while this is true, you will soon realize, as your father and mother do, that God lives as near as He can possibly be, for **He is in the heart of His universe**, even as you live by means of your heart.

"And in your journey through the three letters in the name of God you will go ever nearer His heart, or the center, because G and O and D are like these three large circles of the Spiral Road, one inside the other; the outer circle D, the middle O, and the inmost one ending in the large dot where G is placed. This is the very center of God's land.

"There are many things to see and many steps to take," the teacher continued, "and though we love this dreamy place, we can come back to it again sometime, so let us go on now," and with that she rose to her feet.

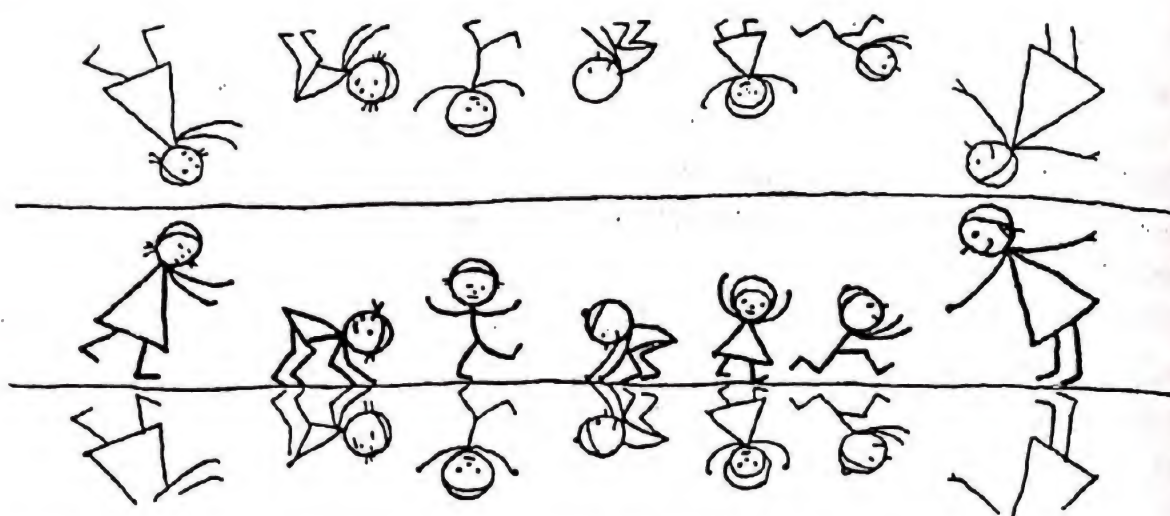
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And before we follow her, we must stop long enough for you to sit straight and quiet again and close your eyes, just as you did last time, for you are studying by means of mental pictures, that is, pictures in your mind. So it is better to shut your outer eyes in order to open your inner ones, while you are listening to the story of the colors, sounds, and sights the children will find in the middle circle, the Land of O.

As I said, the teacher rose to her feet and started again, the smallest children close behind, and the larger ones bringing up the rear. They all felt sorry to leave their cave of quiet with its soft silver light and its sense of rest, yet they did want to see all that lay ahead of them in that strange country of the Spiral Road.

Much to their surprise they did not go outside again, for leading out of this cave was a long silvery passage which they had not noticed, and down this they went. The walls of this passage were very odd, in that they reflected all that passed inside, although they were not of glass like the mirrors in our everyday Land of D. They seemed to be of silvery light, like the quiet cave, only nothing had





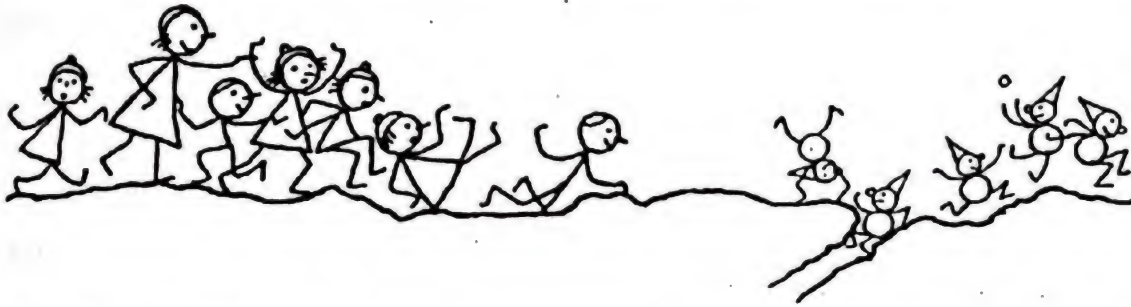
been reflected there—everything simply looked as though it were bathed in misty moonlight.

The children could not understand this until the teacher explained that the reason why the sides of this passage reflected their images when the other did not, was because this had a silvery radiance in its light, so that it could shine like polished silver, only much more beautiful.

They amused themselves for some time by looking at the reflections of each other, which by some strange freak of nature were all upside down, with their heads where their feet ought to be, and their feet up in the air, like flies walking on the ceiling.

At the end of the passage they came to a second cave, not so large as the first one, and in it they were startled to see ever so many little brown folk, about a foot high, playing games and frisking about. The strangest part of it all was that they would appear and then disappear in a way that seemed like magic. There was one fat little fellow particularly that interested the children. He was playing about quite near them, not seeming to notice them at all, and then suddenly he disappeared from in front of their very eyes—he was nowhere to be found.

"But teacher, how can they do it?" the children asked. "What



are these funny little brown people, and where do they go when they disappear?"

And the teacher answered, "This is the Earthly Cave, and they are earth elementals, in the process of becoming like men. This accounts for their tiny forms, which are so much like small grotesque men. They are called **Gnomes**."

"The reason they can hide from you," she went on, "is that these little elemental earth men know of secret paths that lead from this Land of O to the Land of D, and so they can dodge about through these outer caves of O whenever they wish. They can even be seen upon the hills of D itself sometimes, by children who are gentle and kind. They are friendly with small boys and girls like you, but they fear the grown-ups because of their size. To the tiny Gnomes they look like giants."

One boy seemed to sense the reason why these little Gnomes were in the outer cave of the soul land, but something else puzzled him, and he asked, "But why should they be invisible to girls and boys in D at all? If they can be seen sometimes, why can't we see them all the time?"

"Because," answered the teacher, "they are the **earth spirits**, and therefore they are usually wholly invisible to ordinary sight. Until they have clothed themselves from the One Substance of God, they have no bodies of flesh in which to show themselves in the Land of D. They have only flickering **light-bodies**, which we cannot see at all, as a rule, but if one has very sharp sight they may be



seen now and then in the bright sunlight, or even in the clear moonlight.

"These little Gnomes have learned that by keeping close to children on earth and here in the soul land, they can become like them in form. This is because all boys and girls have an overflow of vitality which is thrown off from their bodies all the time, and which they do not use, and these little Gnomes absorb it to make into bodies for themselves. In this way they really wear the cast-off clothing of the children in D and O.

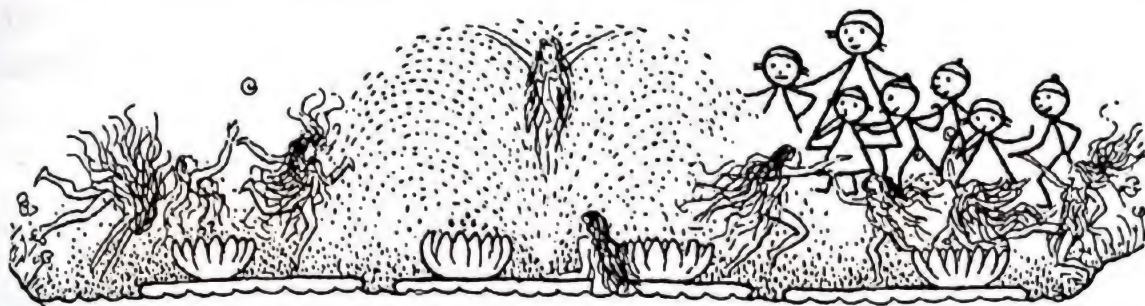
"As I said, a boy or girl who is very gentle and kindly toward them will be enabled to see the little brown people at times, because goodness sharpens the eyes and causes them to see forms and colors that unkind or selfish children cannot see. This is because unkind children do not try to see into the heart of things—they are content to look only into themselves, and to live for themselves alone. They are too selfish in nature to care for fairies or to believe in the invisible forces that exist all about them. Perhaps if you try you can see the little people yourselves, in the Land of D."

Long before they were ready to go, the teacher started on again, for she knew they had a long journey ahead. At the end of the cave of the Gnomes they came to a third cave. It was called the Watery Cave and was far more beautiful than the last. There were lovely fountains all about, and little waterfalls and tiny brooks running joyfully through it.

Here the teacher sat down and gathered the children about her, near a beautiful pool of still water with water lilies of every color floating on its surface, for she knew that in this place of sparkling waters they must keep very quiet if they were to learn its secrets. And speaking softly she began to tell them about it.

"Here," said she, "live the tiny folk called **Water Sprites**, the elemental beings that live in the water. They are very lovely, and if you close your eyes and forget all about the Land of D and the





little Gnomes that you saw in the last cave, these dainty Sprites will come out of their hidden places and dance for you. But you must be very still, not even move your hands or feet. And you must **wish hard** to see them, for they do not come unless they are wanted.

"Strange to say, these dainty water children are really the **good thoughts** of the little brown Gnomes—their thoughts, which take form and people the water. In plainer words, the little sparks of light, set free by the Gnomes playing in the sunlight and moonlight, become drawn into the water when rain descends, and these sparks the Water Sprites use for centers or little hearts, about which they build their lovely water bodies."

After the children had kept very still for a few moments, wishing as hard as they could, great was their surprise to see, playing among the lily pads which seemed empty before, the dearest little fairies with long wavy hair, their tiny perfect bodies clothed in floating veils which looked like green seaweed, only so fine that one could see right through it. They were playing a game not unlike a snow-ball fight, only they were pelting each other with tiny shells, and laughing such silvery music that everyone had mistaken it for the sound of the bubbling brooks themselves.

"Now look at the fountains and the streams and the waterfalls," the teacher whispered.

Why, each one was peopled with the Water Sprites! They were



everywhere, like the sparkling spray from a fountain!

"In the great seas and oceans," she went on, "these little beings grow to old age. There was one, a very old man called Neptune, who had a daughter Venus so lovely that every girl in the world has tried, as she grew up, to attain to the same grace and beauty ever since.

"You see the little earth folk we just left are built for strength, and these Water Sprites for beauty. This is the reason why you saw so many boys among the Gnomes and so many girls here among the Water Sprites. All boys try to be strong and manly, and all girls beautiful in character and graceful in body."

The children watched and watched, till the Water Sprites tired of their play and went away, or so it seemed, for all at once the lily pads, the fountains, and the streams were empty again.

Then reluctantly they left this lovely cave. But no sooner were they out of it than they found themselves at once in another, full of strange sights and yet beautiful too. The light within it was warm and glowing like a sunset sky, and all about, reflected in its rosy sides, were vast mountains from which flames were coming forth.

Without their teacher they would have felt frightened, for at their feet rivers of fire flowed by, yet they were not one bit uncomfortable. It did not seem to be a fire that hurt, but something that gave out gentle heat, of such a soft glowing windy nature that it but felt like their own fireplace at home, when a cosy fire was lighted on a winter's night.

"Here," said the teacher, "live the **Salamanders**, the fire spirits, which warm and invigorate with life currents all the little earth Gnomes, and all the Water Sprites, and in fact all nature. Without the spirit of fire all substance would be inert, that is, without motion. And if there were no action no one would be able to think, or move, or know about all the wonderful things in the world.

"Fire is in the heart of all nature, and no child in all the Land of



D would be able to love anyone, either mother, father, brother, sister, or friend, without these tiny spirits of fire. They are the



living force that gives to all things and people the love of life, and the ability to grow.

"Without the Salamanders, which are but the life of the fire, even as the Water Sprites are the life of the water, no vegetation would grow on earth, or fish in the sea, and no little boys or girls would gladden the homes of any grown-ups. So you see how powerful the elements are," she continued, "and how we must love and understand them in order that they may obey us. For if we fear or hate them they will not try to help us with our work, but will oppose us in all that we do."

Then after a pause she whispered, "Shut your eyes and listen to the hum of the fire workers."

The children tried it, and great was their surprise to hear, almost at once, the jolly crackle and snapping of sparks as they burst from their darkness into light.

"What does the fire burn, here in the hollow of the mountains?" asked one of the girls.



"It burns the impure gases enclosed in the earth, and so makes it a purer place for us to inhabit," the teacher replied. She explained many other things that puzzled them, and they were so interested that they would have stayed all day long, had she not reminded them at last:

"There is only one more cave before you reach the Land of O. Have you seen enough, or would you like to go on?"

"Oh, we want to go on!" cried the children.

"Then let us hurry, before you grow tired with all these strange sights," said she. "Run, and hold fast to your hats as you pass into the cave, for you may lose them if you are not careful!"

So racing and laughing with anticipation, they entered the last cave, called the Windy Cave, where delightful breezes blew, so it seemed, from every direction at once.

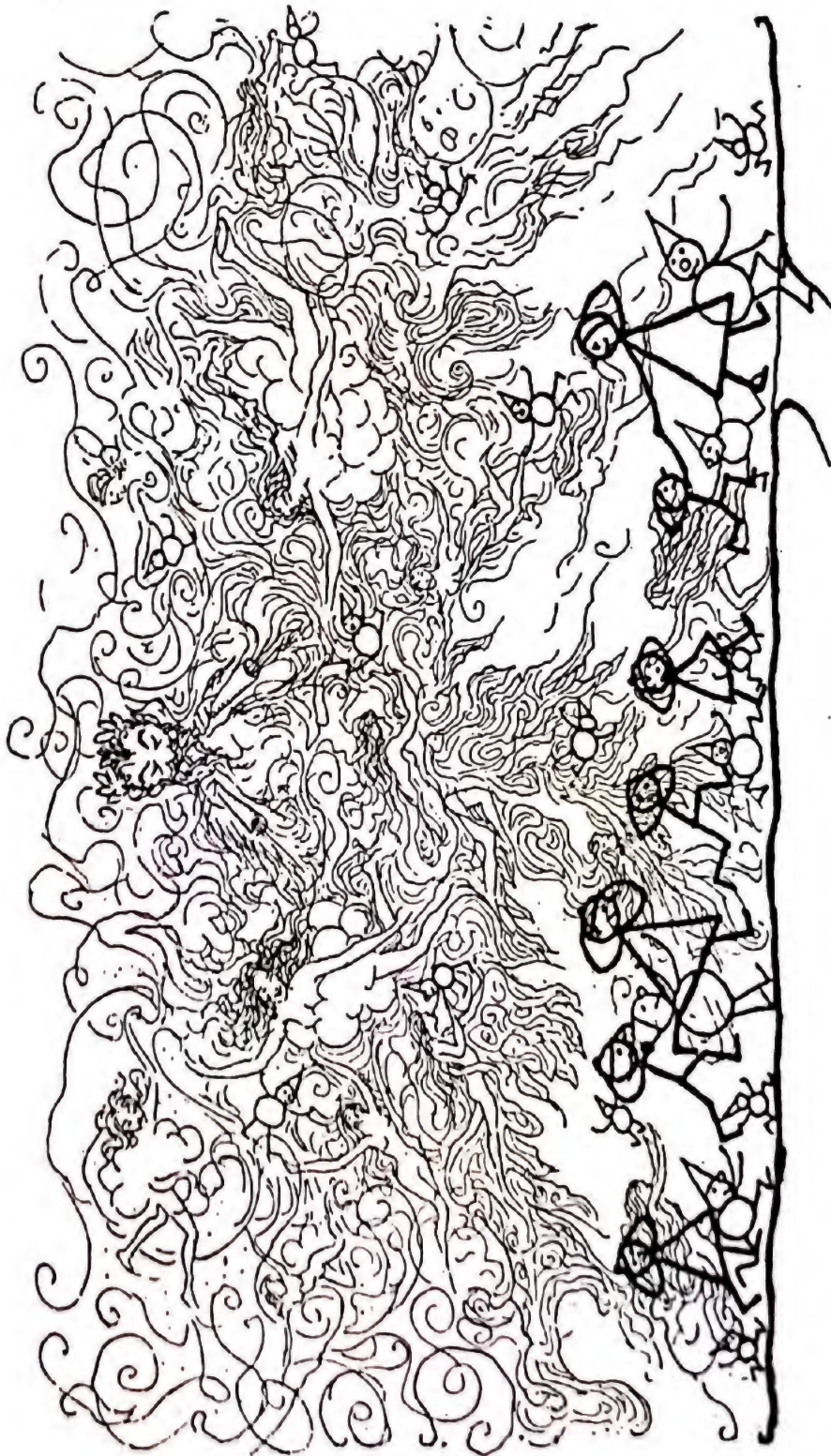
The other caves had all been as beautiful as anything could possibly be, thought the children, but they were nothing beside this last one, for it seemed to be like all the others put together, and yet with a fascination of its own greater than any.

All the strength of the Gnomes was here, and the beauty of the Water Sprites, and the life of the Salamanders. All three were built up to form the delights of this cave of the winds, where Pan the air god of nature reigned, surrounded by his little people; the **Sylphs**, who are the spirits of the air.

Such music, such color, and such charming little dresses the Sylphs wore! Each girl sighed aloud in admiration, for the gauzy floating veils were as delicate as the perfume of sweet peas in the sunlight; and their robes, like little wisps of sunrise cloud, were worn with such fairy grace and charm!

They were having a party when the children entered, and were coming from far and near for the fun. The air was full of tiny bright darting beings, whose method of travel came entirely from the air itself—no wings were visible. They could say to the air.







"Take me where I wish to go," and it would obey them, for they were master.

The children of the air need no wings, but can by their thought alone impel themselves wherever air exists. And although they are not visible to the outer eyes, they can be plainly seen by those who enter the borderland of the soul, the Valley of O.

"It seems very queer to me," said one of the boys, "that the Fiery Cave was empty, when the Earthly Cave had the brown Gnomes, and the Watery Cave had the Water Sprites, and this Windy Cave has the Sylphs of the air. Why were there no little spirits in the Fiery Cave?"

"There were," replied the teacher. "That was the cave where the Salamanders live, don't you remember? Only you could not see them."

"Why couldn't we see the Salamanders?"

"Because they only show themselves to those who have entered all five caves, that is, found the cave of stillness and then mastered all four elements—earth, water, fire, and air. First we rested in the quiet cave, then we went through the Earthly Cave, and the Watery Cave, and the Fiery Cave, and now the Windy Cave. So now we can return to the Fiery Cave and see the Salamanders, but we could not see them unless we had entered the last cave, and seen and known the Sylphs, the spirits of air."

(If you look very carefully among the flames you will catch glimpses of the Salamanders here and there.)

"The spirits of the air are the best of all. They look like Angels," one of the children said.

"The Sylphs are not Angels, my dear, but etheric beings," answered the teacher, "as you will plainly see when you come to the land where the Angels live and do the will of God and His Divine Son.

"Even if you could not tell the difference with your eyes, you

could feel it, for an Angel is like many fathers and mothers in one, because of the love you can feel when they are near you. You love these little fairy people more than they love you, because your heart can hold more love; but the Angels love you more than you can possibly love them, because they carry the rays of boundless love to earth from the Mountain of G."

And that is all of the story for today.

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Now if you will rise we will do our exercises.

### EXERCISE

*(Repeat those of the last lesson, then do the one below.)*

1. Extend right foot slightly off the floor.
  2. Rise slowly on the ball of the left foot to count of 1, 2, 3.
  3. Return to position on counts 4, 5, 6.
  4. Repeat five times.
  5. Change feet and repeat exercise five times.
- 

### QUESTIONS

1. What were the little brown people in the Earthly Cave called?  
*Ans. Earth Gnomes.*
2. What were the tiny folk in the Watery Cave called?  
*Ans. Water Sprites.*
3. What inhabited the Fiery Cave?  
*Ans. Salamanders, or fire spirits.*
4. What did the children find in the last one, the Windy Cave?  
*Ans. Air Sylphs.*
5. How many caves did they pass through?  
*Ans. Five.*
6. What did they find in the first cave?  
*Ans. Rest, food, and stillness.*

7. What did they find in the second cave?  
*Ans.* Earth elementals.
8. What did they find in the third cave?  
*Ans.* Water elementals.
9. What did they find in the fourth cave?  
*Ans.* Fire elementals.
10. What did they find in the fifth cave?  
*Ans.* Air elementals.



## LESSON 3

### THE WONDERS OF THE LAND OF O

In the last lesson you followed the children and their teacher through the four caves of the elements and found how wonderful they are: the Earthly Cave, the Watery Cave, the Fiery Cave, and the Windy or Airy Cave.

You found that each element has the ability to show itself in both Lands, D and O; in other words, that **they are double**, having a life on earth as well as penetrating into the soul land, or O.\* This explains why we should all notice so carefully the beauties of our earth, knowing that all nature has its real life in the **soul**, which in the story is named the Land of O.

All that exists about you is living these two lives at the same time—the one outside and the one inside. And every single child everywhere has the ability, just as you have if you only knew it, to see at rare times into this inner life that is going on in everybody, both large and small.

In the first lesson you were taught that God is a Divine Being who is everywhere. And you learned also in what manner this is possible—because of the One Substance that came from Him and exists in the material of all things and all people.

In the second lesson you found that this One Substance splits up into **four parts or spirits**, pictured by the little elementals in the caves: the little brown earth Gnomes, the dainty Water Sprites, the tiny flame spirits called the Salamanders, and lastly the Sylphs of the air. All these are but the four divisions of this One Substance, which goes to form everything in the world, the glass marble, the piece of wood, the earth, the animals, and ourselves.

Have you any idea what your bodies are made of? They are more than four-fifths, or 85% **water**, combined with many grades

\*See Appendix, Note 2.



of **earth**. As you breathe in **air** you start in motion all these elements within your bodies, and this motion or friction causes **heat**. (You have noticed that when you run and breathe fast you grow very warm. This is caused by the spirits of fire.)

So you see that you have all these elemental spirits within you: earth, water, fire, and air. These first four divisions of the One Substance coming forth from God are formed into chemical and elemental gradations in the body of every boy and girl in the world.

Your bones are like the rocks; your flesh is like the earth; your blood is like the rivers and brooks; the warmth in your body is like the warmth deep in the ground; and the air that you draw in and out as you breathe is like the winds that blow from one direction and then another.

In the lesson today you will see this One Great Substance of God in still finer and better forms than those within the caves. I say finer and better because these forms you will now see have greater strength, and therefore more power over the four races of elemental people than those that inhabit D and interpenetrate O, and can run back and forth from one to the other. You will also find they have a beauty that the four tiny spirits in the caves have not reached.

I am sure you now have a clearer understanding of why we say God is everywhere and in all things. How could it be otherwise if this One Substance, coming direct from God and splitting up into four divisions, is in all things and all people, in the trees, the grass, the water, and even in the air and fire?\*

When you once understand the reality of God, and how His One Substance is in everything and all places, how every bit of you is made out of God, this knowledge will make you very careful in everyday life, because you must see by this time that God knows all about you and understands you even better than your father, or mother, or brother, or sister ever can.

\*See Appendix, Note 3.



Do not forget also that the little brown people the Gnomes, as well as those in the other caves, reflect all that we do, say, or think, for this is true. Do you want to know how these spirits know your thoughts? **Each thought has its own special color**, and the small people of the elements can see the colors. So of course they can know what each boy or girl is thinking about, even when no one is near—when you are all alone.

You see you must be careful always to think good thoughts, that God may be pleased with the messages the little folk carry, for God loves all His children because they are part of Himself, made out of His own Substance. Even your mother and father are but children to God—the only difference is that mother is a big little girl and father a big boy man.

You will find, as you come to know God better, that His love is as great as this Substance is all-embracing. In fact, it is everywhere, in the heart of all His children, both big and little.

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Now, if you will close your eyes, relax your body, and sit very still as you did before, I will continue with the picture story. We are now leaving all the elemental caves behind and entering the Land of O itself.



The children were rather reluctant to leave, for each cave had revealed the fairy creations they loved so well, but as they followed

in the wake of their teacher they quickly forgot the five caves in the joyous sights that met their eager gaze. For the dim luster of the caves was melting before the light creations of O, and suddenly they came into a beautiful valley, all green, blue, and gold. There were flowers everywhere, lovelier ones than they had ever seen in the gardens at home.

They had thought the first cave beautiful, that cave of initiation and silence; in fact each cave in succession had shown them new marvels, yet the wonders of them all were far outdone here. The colors in this Valley of O were soft, yet with a clearness of tone that home colors in D did not have. The flowers and trees were more alive—they looked as if they almost talked.

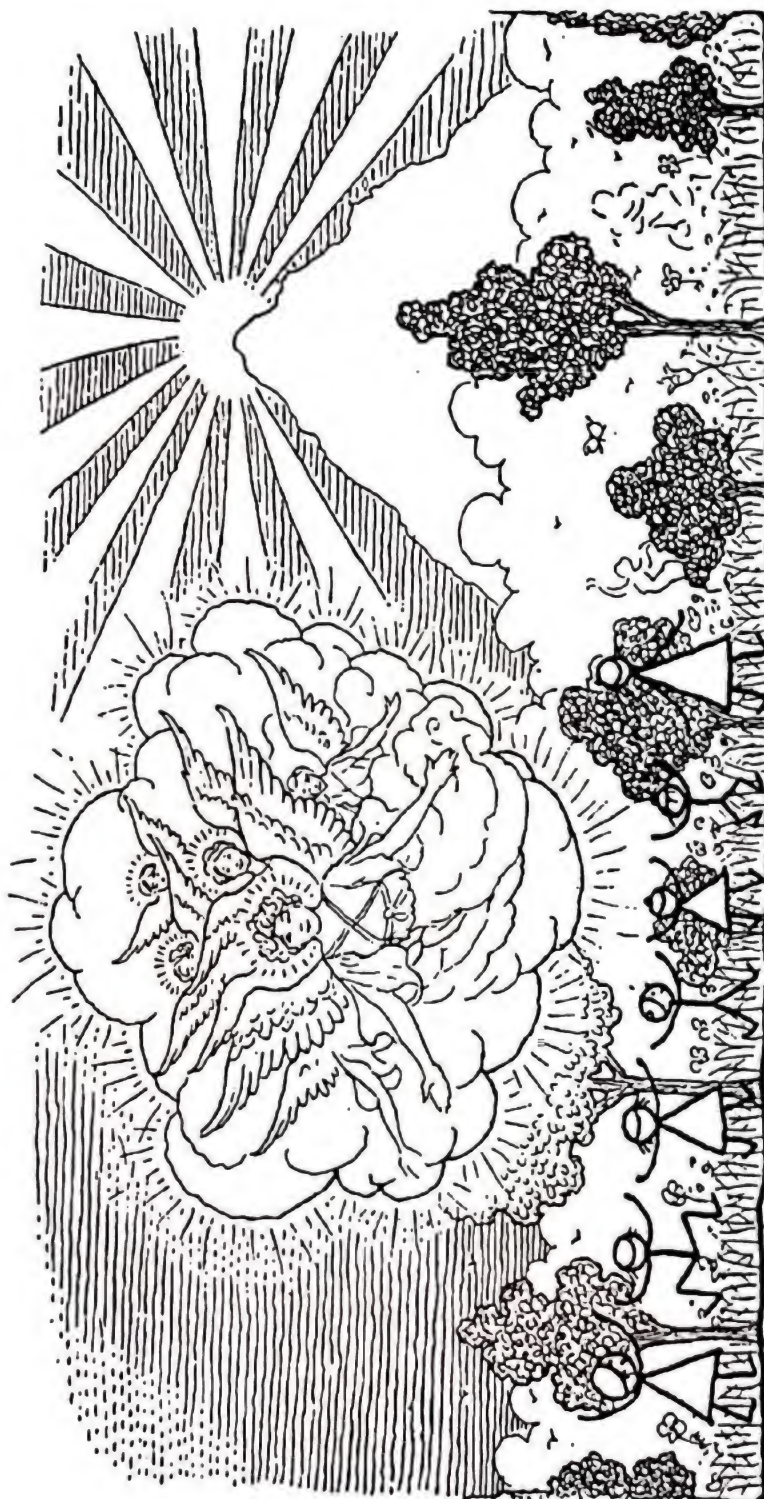
And indeed the trees and all other things in the Valley of O do **have a language**, and it is not hard to understand, once one becomes used to the fact that here the growing things of nature display an almost human quality, and so of course must talk.

The trees here needed no south wind to blow their leaves, but kept up by themselves a constant murmur, as if they were telling stories to each other. Perhaps they were surprised to see so many boys and girls in their Valley, and were whispering about it.

But while the children were trying hard to listen to what the trees were saying, and to find out whether the flowers **really moved about**, or were only swaying gently on their stems, suddenly they were conscious of a white cloud in the distance, which appeared to come from the Mountain, the same they had glimpsed far away just before they entered the first cave, only it was nearer now.

The little cloud moved steadily toward them. It grew bigger and bigger, and its dazzling whiteness glistened and shifted, as though it were many clouds in one. Then they saw that it must be alive, for they could see great wings moving, and shining white robes! They could hear the fluttering of wings, and catch the fragrant odor of lilies! They could see faces — — — —



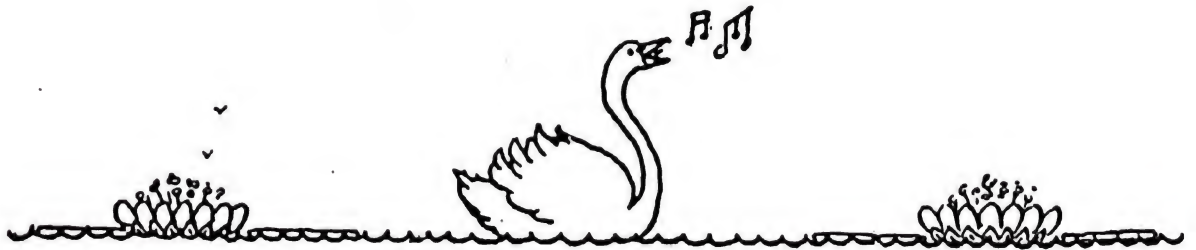


"Oh hush, children! and breathe very softly," said the teacher, "for here come the **Angels** to greet us, and show us the way to the Mountain of God. Although both the Land of **D** and the Valley of **O** are just as God meant them to be—perfect in their own way—yet our goal is the Mountain of **G**, and unless these Angels will show us the way we shall not find it."

So they kept very quiet, almost holding their breath in order not to lose the beautiful sight. And after what seemed a long time to their eager eyes, but was in reality but a moment, they were suddenly surrounded by the Angels, whose radiant faces shone with the happiness of seeing these earth children who had come so far, and who wanted to be shown the delights of the Valley of **O** and the wonderful Mountain of **G**.

They shone so brightly that at first the children were a little afraid. But the Angels took the children's hands in their own and began to speak, and their voices were like sweet music as they told about the need for seeing and understanding this Land of **O** first, before going on to the Mountain.

The one who held the position of leader was named **Raziel**, and he explained many wonderful things that the children had not noticed before, just as the teacher had done in the caves.



"Here," he said, "the swan is our emblem, for of all the birds it does not sing aloud until it reaches the Land of **O**. And the lily is our flower, because it has the fragrance that always surrounds the angels in their flight."



As the children looked toward the Mountain they saw a great light which seemed to come from it, and they asked, "What is the light that shines over there where you came from?"

Raziel answered, "It is the light streaming from the Mountain of G, and **it can be seen even in the Land of D**, if boys and girls only pray each night and morning to be able to see it."

They looked at the flowers and the statues until their eyes could hold no more, or their feet walk another step, and just as they felt that sleep would overcome them the Angel Raziel said, "It is time to sit down now and rest a little, so that I can tell you about this Land of O, and I expect you to ask just as many questions as you wish."

The children had felt at first so awed in the presence of the Angels that they hardly saw what was shown them, or heard what was being said. But gradually this feeling of fright had disappeared, and now they were laughing with joy. And having been given permission, they asked questions about everything, just as they had done with their teacher.

The very first question was, "Why is the Land of O enclosed about by mountains?"

"Because," answered the Angel Raziel, "the angels of God love the light, and in order to see into all parts of the universe they must live up where the view is not obstructed by trees or hills. For **all nature reports to the angels** just what is going on, and the waves of thought stream up and down—up to the angels, and down to nature. This is why boys and girls look up to God everywhere, up in order that they may give their loving thoughts direct to the angels, who bring them to God."

Each one wanted to know if they had an angel all their own, to carry their loving thoughts to God. "Yes," said Raziel, "each boy and each girl has the loving care of an angel, and it seems to you that you have its undivided attention. Yet you will come to know

that one angel can take care of many boys and girls and yet neglect none of them. This is done by rays of light, which they use as messengers.”\*

“How can rays of light be messengers? Can light talk?” asked one little girl.

“Indeed it can,” answered the Angel. “Light can talk by the **sound vibrations**, just as light can take the form of whatever angel it is acting as messenger for. If you think hard about me tonight, just as you are ready to go to sleep, you may, if you keep very quiet, see a **tiny ray of light** that looks just as I look. This does not mean that I have left my Mountain of G, it just means that your loving thought desire has reached me by **your** messenger of light, and I send back to you **my** messenger of light.”

“Have we really messengers of light?” all the voices asked at once.

“Yes, every single boy or girl has these messengers of light that respond to pure thoughts, just as bad thoughts attract messengers of darkness, that know not the light or the Mountain of G,” Raziel answered. And there was delight on the faces of all the other angels when this lovely truth was understood by the children—that good pure thoughts were like messengers of light, and bad unlovely thoughts like black and ugly messengers.

“Oh, I am going to try hard not to have any more ugly thoughts,” said the largest boy in their midst.

“That is right,” said the Angel. “Watch your thoughts and try that they may all be creations of light, so that they will have the power to reach us here in the Mountain of G.”

Although the children were so interested, their eyes soon began to grow heavy, for they had come a long way and seen many things. And in the midst of all the questions, one by one they fell asleep from weariness, and dreamed that each Angel took a child in its

\*See Appendix, Note 4.



arms and flew up swift and high toward the Mountain.  
And that is all of the story for today.

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Now we will stand up and rest a moment, and then do a new exercise, which is called a visual exercise, that is, it has something to do with your eyes.

### EXERCISE

1. Raise the hands sidewise over the head.
  2. Visualize (that means try to see with your eyes closed) the color blue —sky blue.\*
  3. Breathe in very slowly through the nose to the count of 1, 2, 3, 4, 5, 6, drawing the blue color into your body through the nose as you breathe.
  4. Expel the breath slowly through the mouth to the count of 1, 2, 3, 4, 5, 6, trying to make the color blue turn golden as it leaves your body through your mouth.
- (Do not try this until 3 has been thoroughly learned.)
- 

### QUESTIONS

1. Why do you think the swan is chosen as the sacred bird in the Land of O?

*Ans.* Because that bird or tree which is silent on earth is heard in heaven; and the swan, who does not sing in the Land of D, must sing in the Land of O, because all things must sing a song of praise to God in some land.

2. Why do you think that we call the three lands of God **D**, **O**, and **G**, as we go within?

*Ans.* Because each boy, girl, tree, bird, cloud, and blade of grass came outward from the One Substance of God, and returns inward again toward its Maker, God.

\*See Appendix, Note 5.

3. What do you think the Angels looked like, that came from the Mountain of G?  
*Ans.* Radiant light.
4. Why do good thoughts go upward?  
*Ans.* That the angels may convey them to God.
5. What are the light rays that come from God's angels?  
*Ans.* God's messengers.
6. What kind of messengers come in answer to bad thoughts?  
*Ans.* Dark and ugly ones.
7. How did the Angel Raziel say you could see his messenger of light?  
*Ans.* By praying night and morning to be able to see it, and keeping very quiet.
8. Why do we pray to God, who knows all our thoughts already?  
*Ans.* In order that our minds may become like the angels, and we at all times may have messengers of light.
9. In what way do the flowers and trees in the Land of O differ from our flowers and trees in D?  
*Ans.* In color and life.
10. What can you remember about this lesson that has not been mentioned already?



## LESSON 4

### THE MOUNTAIN OF G

In the last two lessons the children and their teacher visited the five caves and the Valley of O, and saw, far away and high up above them the Mountain of G. Then without meaning to, they fell asleep while the Angels were telling them about the wonders of God's universe.

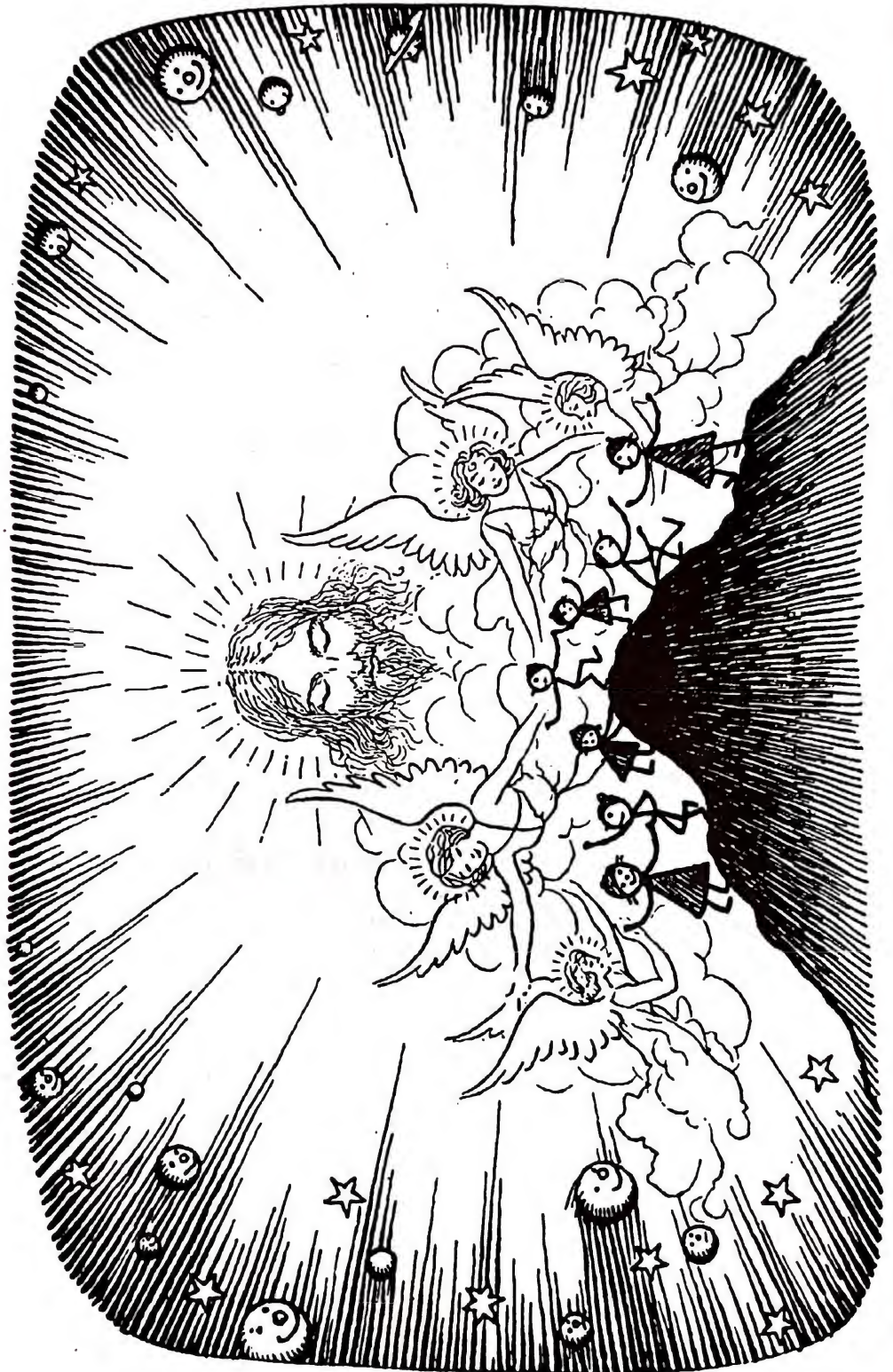
While they slept they dreamed that the Angels lifted them in their arms and bore them aloft, clear to the very top of that distant peak. But the marvelous thing is that what they thought was only a dream really did happen—the Angels really did carry them up the Mountain of G.

When those shining beings said that the children were going up there with them, some of the girls and boys thought, "How can I ever climb such a steep high mountain as that Mountain of G? It looks beautiful, and I am willing to go as far as I can, but I know I never can reach the top."

You see they did not have quite the faith in their angels that they should have had, for the angels never give us a task that they know is too hard for us. But faith in the angels is just what grown people lack too, and so they are afraid even to start out, as the children did.

Grown people lack courage, and courage is necessary to begin the journey toward G, because of this vast Mountain which must be climbed. But children, having so lately come from the Land of G are wiser, for they do not fear this Mountain, but only wonder how they are to climb it.

But every boy, or girl, or man, or woman who really starts finds out, just as the children did, that if they will only try to travel inward toward the Land of G, the angels of the Mountain will





surely carry them up the vast heights that they could not climb alone.

Once there, they may look about them, even as the angels do, and see all God's worlds, and how He works through His best servant Nature, who is the one that carries the four divisions of the One Substance: earth, fire, water, and air. For these are the four principal elements which control the various gradations of elemental life. When they are in form, here about us in the world, we call them natural elements.

For instance, a tree is one form of these four elements, because earth feeds its roots, water is in the sap, and fire (or movement) causes its growth, as movement is always fire in either dormant or active form. Air is present too, for air supplies color and beauty to the tree. The bark of the tree in its formation shows the outward work of Nature, who has formed out of the many gradations of the four elements the one form of a tree.\*

Now we will go on with the story, and this time you will not have to close your eyes in order to see the picture, for you are on the Mountain now, and can view all this land best with the Open Eye of the Mind.

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The children were full of wonder and joy over the Mountain of G, for they could see everything in all directions at the same time. They could look down into the Valley of O where they just came from, and into the five caves where all the little elemental spirits dwell, and into all the Land of D where they had their homes and went to school.

They wondered why, when they were so far up, there were no clouds to hinder them from seeing, because sometimes in the Land

\*See Appendix, Note 6.

of D the clouds came down so far that they hid the tops of the high hills. But one of the very brightest of the Angels who brought them up the Mountain, he whose name was Raziel, told them why.

"It is because the light that shines from out the Mountain is so much brighter and clearer than the light in either D or O that it overcomes the mists and clouds and every other obstruction. Here, on this Mountain, is the One Great Source from which our mighty sun, our moon, and even the stars draw their light. So once you are on the Mountain of G its light and power overcome all lesser light and power. This is why children must pray always to be **lifted up** in mind and spirit to the Mountain of God, because G is the highest point of spiritual illumination in all God's universe.

"Here is where the light comes from that shines forth in the mind and the daily acts of kindness and love which you express during the day. At night when you are asleep the spirit part of you, which came direct from this Mountain of God, returns to the Mountain again, to receive love and to give love, through your own particular angel, and to bathe in the light of the One God, who made both you and the angels, and who watches over all that He has made.

"This high Mountain of G is like a vast radio station," continued Raziel. "Here is where God's broadcasting is done, and each angel acts both as a receiving and a relaying station for it. Do you know who is in charge of the broadcasting? It is the One who best expresses the true pattern for children to copy. Do you know who that One is?

"God saw how hard it was for His children to attempt the journey back to G, and so He sent His best beloved Son to earth, that He, born as other children in a body made of flesh and blood, might act as a powerful magnet to draw us toward God. The name of this beloved Son of God is Jesus Christ.

"We shall not study the details of His life now, but will just find



out why He came. It was because the men and women living in the Land of D forgot the path back to the Land of O and the Mountain of G, and began to love only the dark messengers. This the angels and light messengers saw and reported to God.

"We saw clearly," said the Angel, "that in time all boys, girls, and grown folk would become like dumb animals, forgetting the language of God, because we were the only ones who were able to speak to their minds about God, and they had now lost touch even with us, their light messengers.

"So this best beloved Son of God, Jesus Christ, offered to come to the Land of D and show all people the path back to God, just as the teacher led her group of children from D to the Land of O. Otherwise no one could have found the hidden path or known about the angels of G."



And then the Angel Raziel explained, "Of course if He were to be born as a little child He must have a mother, and so the very best mother was found, and by education and training she was taught to respond to one of God's greatest angels—Gabriel was his name.

"This Angel Gabriel came to the young maiden whose name was Mary, and told her how the world had gone as far as it could without direct help from God, and so one of His beloved Sons had offered to come to earth and act as a Saviour, to show the people the forgotten path back to Him.

"Gabriel explained to Mary how this Saviour, whose name was Jesus, must have a better body and a clearer mind than the other men of earth had, and so she had been chosen to be His mother, because she had been trained in spiritual things from the time she was a little girl. God Himself was to be the Father. The wings of God should overshadow her, and the Word of God should come to her through His Angel.

"It seems strange, does it not," went on Raziel, "that the Word of God can be powerful enough to create? He speaks and the elements obey Him, just as you obey when your teacher speaks to you. It may seem strange now, but it really is not, because long long ago, before people had bodies of solid flesh and blood, everything was created in another way, which on the angelic plane was by the Word, spoken with the creative power of God the Father back of it.

"All substance was more cloudlike then, and could be molded by the vibration of speech, instead of being carved out by our hands, or pressed out by machinery, or conveyed by ponderable seeds (that is, seeds having actual weight).

"For instance, if a new kind of flower were to be created, instead of using the seed of some other flower and changing its nature, the angelic people just **spoke the command**, and the flower grew exactly



as it was planned, in blue, or gold, or red, and in the shape they wished.

"That is the real way to create," continued the Angel Raziel, "and the way by which God formed the world, the stars, the suns, and the moons. The only reason we cannot do it now is because we who live in the dense world of D have lost touch with our messengers of light, and so our words are not powerful any more.

"But some people have much more power and beauty of speech than others, because when they speak words to you, you want to mind right away—it makes you happy to do it. That is the way God speaks. The vibration of His mind is so powerful and beautiful that earth, water, fire, and air rush to obey.

"So the Angel Gabriel told Mary all these things, and that just as a new way was to be opened up to the Mountain of G, so a **new race of people was to be born**, formed after the pattern of Christ. And that to her was to fall the honor of bringing into life and form the first man child of this new race.

"Before the child Jesus came down to us," said Raziel, "all children were born of earth and had to climb the Mountain alone, but Jesus, by His great wisdom, brought back the angelic power that the earth and its people had lost. And now, because of Him, there will be born henceforth boys and girls that have in them a substance and mind like that of Jesus, for He was the beloved Son of God. And when He came direct from the Mountain of G He brought with Him, through His Angel Gabriel, the substance for His new body.

"So you, children, because you have seen the caves of the elements, and the Land of O, and the angels who carried you up the Mountain, and because you have learned of the light of the Mountain that overcomes all other light in both D and O, even the light of the sun and moon, you can understand what I mean when I say that **Jesus had a mind and body filled with this light** from the very

first. So of course He would know the true path back to the Source from which this great radiance of light and love comes, for to us all light is mind, and all form is love.

"Mary was filled with awe at this wonderful thing the Angel had told her, and also a little fear that she might fail in such a task, but in the great joy of serving she bowed her head and said, 'Be it done unto me according to thy word.' You see that Mary knew the word of the angel was of such power that it could change her entire nature, and bring it to the state of that light which ever shines from the Mountain of G.

"I have told you about these things," the Angel Raziel explained, "that you may understand why Jesus has charge of all God's broadcasting from the Mountain of G. It is because He, unlike the angels, has been a real child born in the Land of D, and so has full charge over the new race of boys and girls which He instituted. He is ever sending His messengers of light to earth in order that we may all be taught how to copy His pattern."

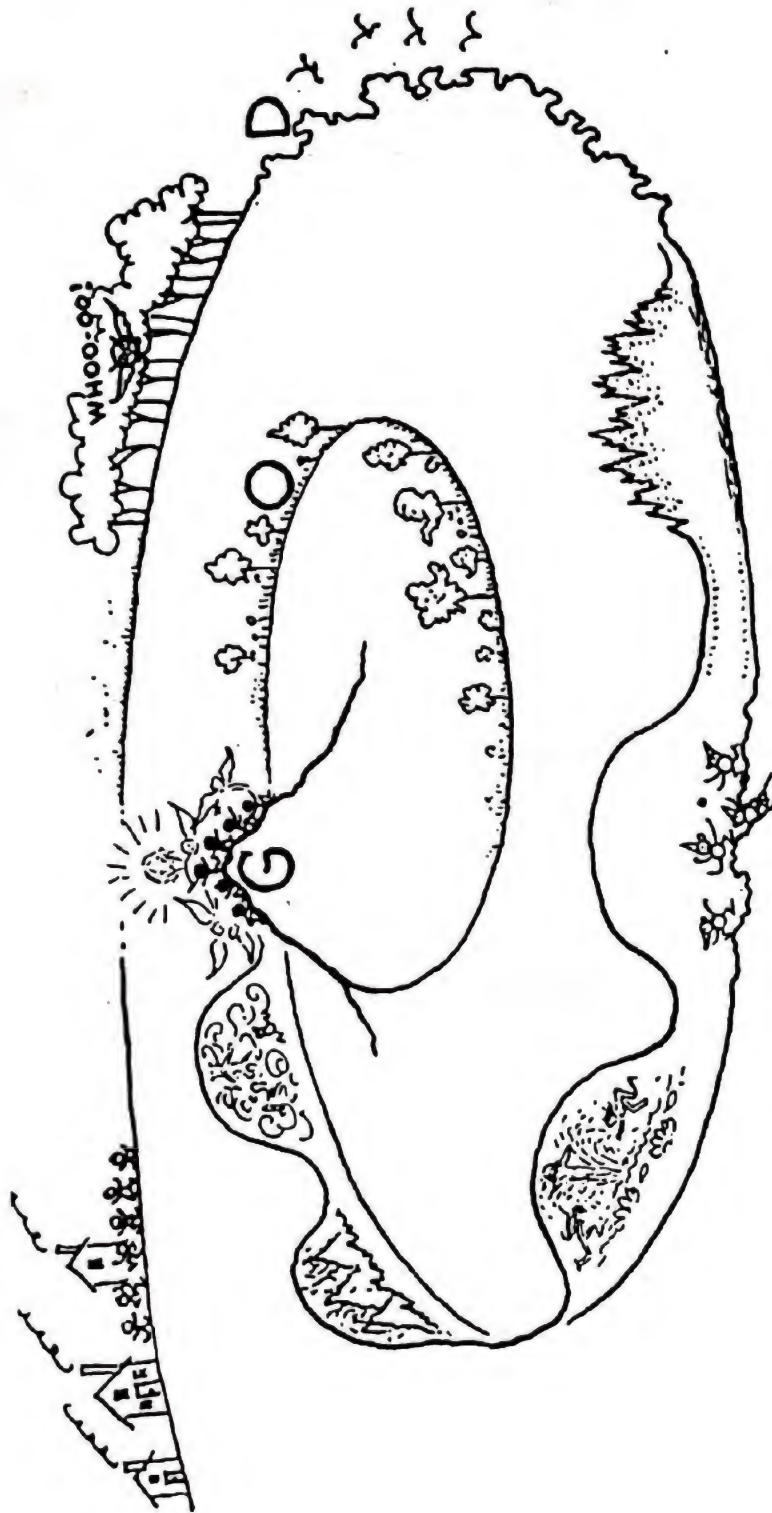
These were the words as the Angel Raziel spoke them, and this is the end of the story of the Spiral Road, for we shall leave the children and their teacher there on the Mountain top, talking with the angels and looking down into all the world at once.

Into the shining faces of the angels, into the lovely Valley of O with its beautiful flowers, into the dim strange light of the elemental caves: the Windy Cave with its Sylphs (the nearest one of them all), and the Fiery Cave before that with its Salamanders, and before that the Watery Cave with its Water Sprites, and in the distance the Earthly Cave with its Gnomes.

Farther even than that they could see—into the first cave of all, the one of silence with its silvery light, and beyond that the desolate valley of rocks where they had caught their first glimpse of the Mountain.

Looking more closely still they could just make out, far away,





the dark woods where the Wise Old Owl called to them, and the meadow where they had found the colored beetle. And on the very horizon itself, very small and faint, were their own homes, the very ones they lived in, and they themselves, going about their work and play just as they had always done, except that their faces seemed to shine as they had not done before.

That is the end of the story and its mental pictures, for now you have stronger minds and can discern truth as fact and not as story. So the lessons we shall have next will be like grown-up lessons, for I know that you can understand them. They will be on color, vibration, and nature, and they all have only one purpose—to prepare your mind for the great light messengers of Jesus the true Son of God.

He is called the true Son of God because He links the Land of D and the Land of O with the Mountain of G, and so has perfected the broadcasting station that will forever send forth knowledge of the path back to the Mountain.

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## EXERCISE

*(The only difference between this exercise and that of last lesson is that here the colors are drawn in and out through the heart instead of through the nose and throat.)\**

1. Raise the arms sideways over the head.
2. Visualize the color blue—sky blue.
3. Breathe in slowly through the nose to the count of 1, 2, 3, 4, 5, 6, drawing the blue color into your body through the **heart** while you breathe.
4. Expel the breath slowly through the mouth to the count of 1, 2, 3, 4, 5, 6, trying to make the color blue turn golden as it leaves your body through your **heart**.

\*See Appendix, Note 7.



## QUESTIONS

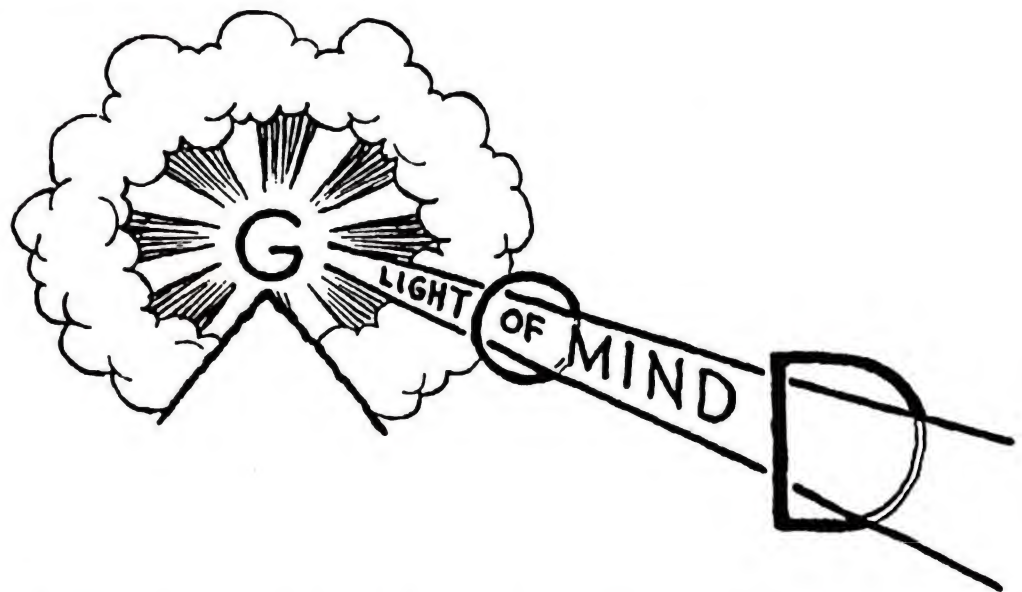
1. Was the dream true that the angels carried the children up the Mountain of G?  
*Ans.* Yes, the dream was a mystical reality.
2. What did they lack as regards the trip up the Mountain?  
*Ans.* Faith in the angels of God.
3. What does movement or motion denote?  
*Ans.* The presence of the element fire.
4. How many elements has the tree?  
*Ans.* Four.
5. Name them.  
*Ans.* Earth, water, fire, and air.
6. Who has charge of the broadcasting station between the people of D and the angels of G?  
*Ans.* Jesus.
7. What was the name of the mother of Jesus?  
*Ans.* Mary.
8. In what manner did the body and mind of Jesus become enlightened?  
*Ans.* By His light coming direct from G.
9. Who brought this light to Mary and Jesus?  
*Ans.* The Angel Gabriel.
10. Who is it we shall copy as our best ideal of the perfect boy or girl?  
*Ans.* Jesus.

## LESSON 5

### THE USE OF A DIVINE MIND

In the first four lessons you studied the reality of a Divine Being. You found out that God exists everywhere as a loving Spirit Father, and why He exists everywhere in His One Substance. You also learned that God has life and reality in the three forms of **body**, **soul**, and **spirit**, with one complete **mind** interpenetrating all and making all possible.

The first form is the earthly existence, which was called in the story the Land of D, because that is the last or outside letter in the divine name of God. The second form is the soul life, which exists within the midst of the earthly life, and this form of God's reality was called in the story the Land of O, because O is the middle letter in the name of God.



Lastly you learned that the third form of God, the spirit, has life and existence higher still above the earthly, and even high above the



soul life, and that it was called the Mountain of G, because G is the very beginning of the name of God. It is written before there is anything else at all.

Yet all these three lands are linked together by one bond, and that is the **light of the mind**, for the light in D and O all comes from the Mountain of G and the mind of God, as well as the soul of every boy and girl in the world, through the goodness of God's beloved Son Jesus.

In the next lesson you will study how to put all this divine Substance of God to a better and more practical use than is generally known by children, for I believe that children's minds are better able than people think to respond to practical knowledge about God. The first four lessons were put into story form so that you might more easily see by the mental pictures how God made His children in a threefold nature—a **body**, a **soul**, and a high animating **spirit**. With those pictures in your mind you will be able to follow the rest of the lessons.

When the body (or Land of D), and the soul (or Valley of O), and the spirit (or Mountain of G) are all joined, they form the mind, which is in each one of you. Your body could not live without your soul, and all the thoughts in your mind spring from your spirit, for the body and soul are both made of the One Substance of God, and all their movements and acts depend upon the spirit. The word **spirit** seems a hard one for you to understand, and so I will stop and try to explain it.

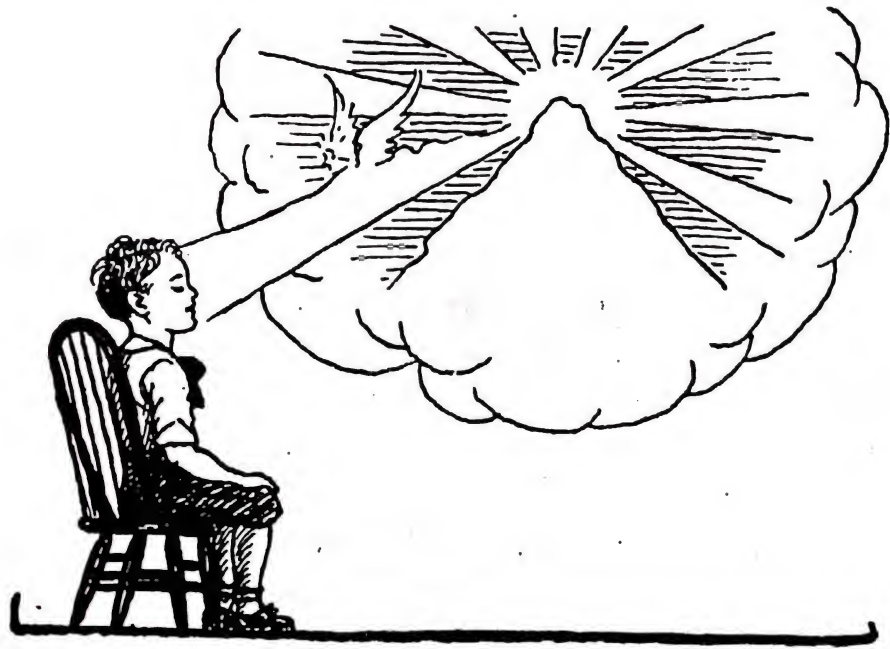
You found that in the Land of D the marble, jackknife, doll, flowers, trees, grass, and everything else were all made of the One Substance. And you found that in the Land of O there were just the same flowers, trees, and light as in D, but they had greater beauty and much more attractive forms than those in D. And when you reached the top of the Mountain you found that all the light which gives life to both D and O came from the Mountain of G, and

without it they would be in darkness. So all three are connected by the one light.

This is the most important thing to remember: that the body and the soul and the spirit **are all One Substance**, and that all these are but **different expressions of God**, the One Divine Being.

In the coming lessons you will study how to put all this knowledge of God and Jesus His Son to practical use, both in your home life and your school life. Today I am going to explain the first use you can make of this light that comes from the Mountain of G.

I told you that Jesus, the beloved Son of God, has charge of the biggest broadcasting station in all the universe, because it is where God broadcasts to all His children on this earth; and that it is located on the Mountain of G.



Now during the coming week I should like you to use the following method of study in school, and see if you do not find that it helps you. If it does, and I know it will, then you have found the first



way in which this greater knowledge of God is practical and useful. If it does help you, then you can use the exercise every single day in school.

Directly you are seated at your desk in the classroom, with the morning exercises over, close your eyes, relax your hands and lay them out flat on the desk with each finger straight. See that the feet are still.

Then think of the Mountain of G and the broadcasting station there, and say to yourself, "I want all my lessons today to be easy for me to understand." Then **feel sure** that the light messengers, which work through the angels of G, are going to help you in each of your studies.

Remember that the angels are deeply interested in you, for all the boys and girls will some day become men and women, and will carry on the work of educating the new divine race of people that Jesus began. So each angel hopes that you may learn as soon as possible the truths about life that Jesus taught.

One of His best known sayings is, "Suffer little children to come unto me, for of such is the kingdom of heaven." Now heaven is where the Mountain of G is, and Jesus loved little children. And it is a true saying—that the angels in heaven are like the children of earth.

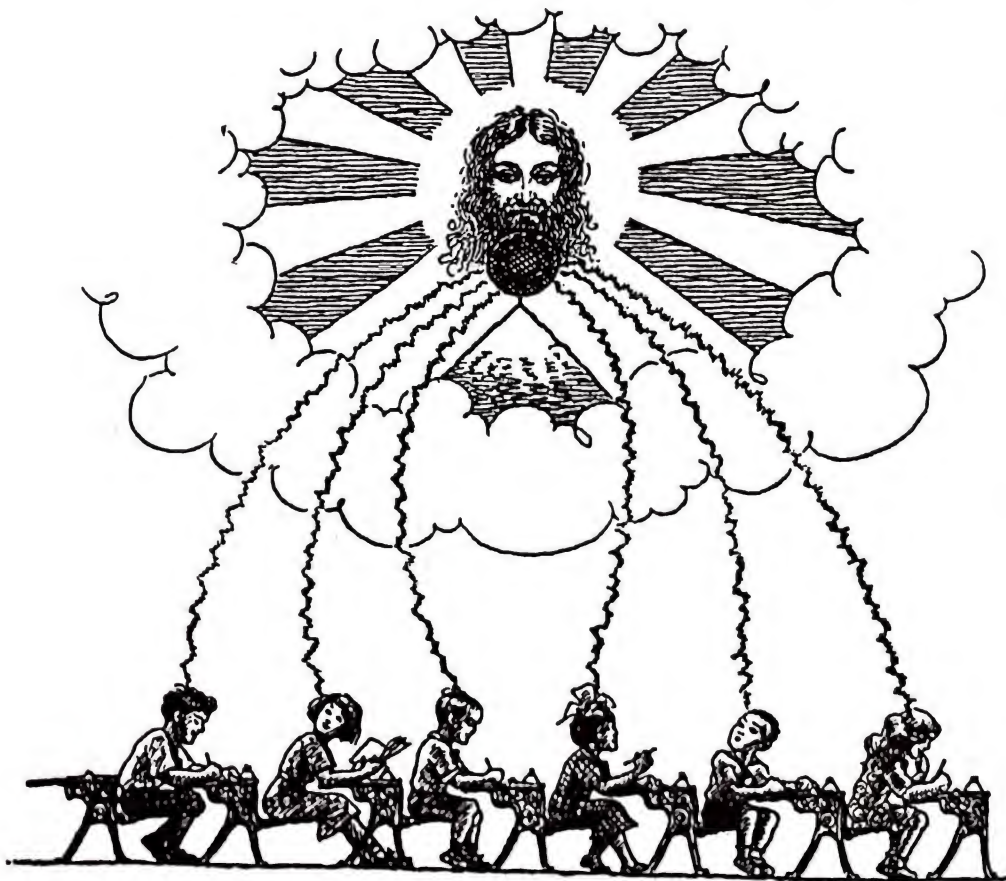
You know how everyone loves good children, but perhaps you do not know that a child is good because of the **influence of the angels**, while a child who is not good has forgotten the angels for a time. So he does not belong, as long as he is not good, to the new race of people over which Jesus has charge.

You will find that when you are unkind in thought, or word, or deed, your memory of the angels is not nearly so clear as when you think kind thoughts, speak kind words, and do kind acts. For when temper or unkindness enters your mind the light messengers run home to the Mountain of G, and report that they do not dare to

come close enough to you to help you recover from your temper, or advise you in your studies.

In plainer words, your **receiving station** (your mind) is **out of order**, and you cannot be helped until you clean it out and are able to think, speak, and act in a loving manner toward others.

Let us stop for a moment and try the new method of study, so that you will be sure to do it correctly by yourself. If you have no desks you can put your hands out flat in your lap, whenever you are going to make your want known to Jesus, who is in charge of that great broadcasting station.



Do you know what the broadcasting station is? It is the wonderful limitless **mind of Jesus**, and it is able to speak directly to us



through our receiving stations (our minds), by means of the messengers and angels of light.

Now, with your hands spread out in your lap, your feet quiet, and your eyes closed, say aloud, "I want all my lessons today to be easy for me to understand."\*

I am going to explain why this method of thought is really effective and helpful, and how it will aid you to understand more quickly any problem that perplexes you. Why it really will cause the day's lessons at school to become like play rather than work.

You know by this time that every boy and girl has a **threefold nature**: an outer body, a soul within the body, and a high animating spirit. But what you do not know is, that spirit when active always works in the form of **light**, and this light is what causes the mind to work slowly or quickly, according to its nature. Slowly if it can take in only a little light, and quickly as it learns to let in more and more light.

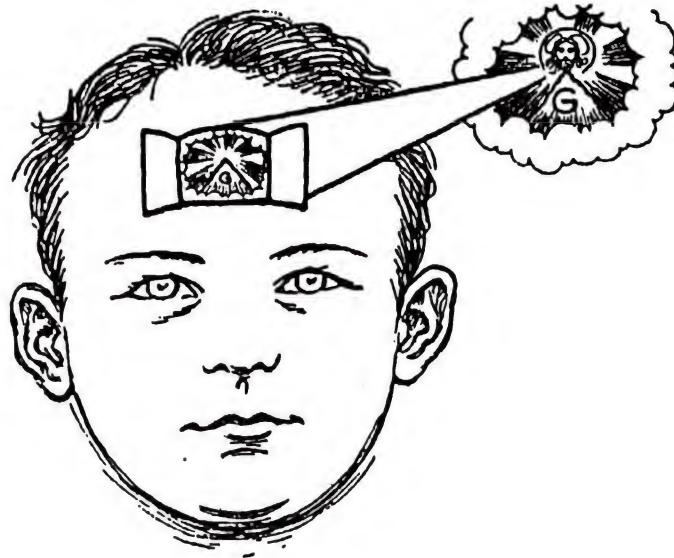
For example: A boy who knows nothing about the wonders of his own nature does not realize that he has invisible helpers in God's great universe who are glad and anxious to make the hard places easier for him. He thinks and feels that it depends wholly on him alone whether the lessons are learned quickly or slowly.

It does depend wholly upon him, but in a very different way from what he thinks. It depends entirely upon his ability to be a good receiving station. His own light is very dim, but he can, if he knows how, **open the door of his mind** and let in God's light to help him.

If people do not draw their thoughts directly from the highest and finest light within themselves and God at the same time, they find that their minds will only work in a sluggish manner. But if they know just what you have learned so far, and can go to the Mountain of Light within themselves, where God is, they will find that Jesus

\*See Appendix, Note 8.

will send His angels to help them any time they truly try to reach His light coming from the Mountain of G.



Later on we shall examine more fully all the wonders of the Land of O and the Mountain of G, but at present I want you to know more about good and bad thoughts; to understand them in a scientific way, so that you can tell just what causes good ones and what causes bad ones.

I have told you that the angels and the light on the Mountain are all radiant and lovely. The angels are beauty itself, because each possesses a wonderful light body, made out of the light of God's Mountain, which is so bright that it overcomes all the light on earth, and the light of the soul.

So you know now that **good thoughts bring more light** into your mind, because they attract the light messengers, or rays of light from the Mountain, and the more light you have, the quicker your mind will work. But there is an opposite of this good law. The ugly thoughts cause messengers of darkness to respond, and then we become unkind toward others, and unhappy within ourselves.



Why do bad thoughts cause us to become unhappy? I will tell you why, even though I think you may have guessed already. It is because ugly thoughts, and the messengers of ugly thoughts, cause you to lose the path to the Mountain, for only beauty can reach God and His Son Jesus.

All that is not good and beautiful travels away from the Mountain, and all that is good, kind, and beautiful goes toward it. So when you see any boy or girl who is kind, and responding to beauty, you will know that he or she is thinking thoughts that are traveling toward the Mountain of G.

This does not mean that one must be pretty in order to travel the threefold path to G, but it does mean that your own thoughts within your mind control your speech and your acts, and it is these thoughts, words, and deeds which count. They are all that seems either ugly or beautiful in the sight of God and His Son Jesus. It is not the outside they look at, but the inside.\*

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## EXERCISE

Review all exercises in the past four lessons.

*(All exercises are always to be practised standing, as change of position is very necessary to children.)\*\**

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## QUESTIONS

1. What does this lesson teach?

*Ans. The use of Divine Mind.*

2. When we are good what results?

*Ans. The angels help us.*

\*See Appendix, Note 9.

\*\*See Appendix, Note 10.

3. Who has charge of the good angels and directs them to us?  
*Ans.* Jesus, the Son of God.
4. What constitutes the receiving station for children?  
*Ans.* The mind.
5. What influences the mind?  
*Ans.* Light.
6. Where does the light come from when we are good?  
*Ans.* The Mountain of G.
7. When we wish for help in our studies what can we do?  
*Ans.* Ask Jesus for help.
8. What should we think of first?  
*Ans.* The Mountain.
9. What effect do ugly thoughts have?  
*Ans.* Cause us to forget the path to the Mountain.
10. Where is the Mountain of G located?  
*Ans.* Within the heart of every single thing or person.



## LESSON 6

### WHY CHILDREN SHOULD LOVE ALL NATURE

In the last lesson you learned that your daily work at school and your problems at home could be made much easier by thinking of the light that is being constantly **broadcasted by Jesus** from the Mountain of G. And you learned that this was willingly undertaken by Him for His brothers and sisters in the Land of D, in order that each one might, through His aid and His light, find the path back to the Mountain.

You also learned that your mind acts as a receiving station for the light, and that your thoughts, words, and deeds act either as a help or a hindrance, depending on whether they are good or bad. For it is these which determine whether or not you are receiving the true light in the form of thought.

So you have learned much about light and mind in the past lessons, and in this present one we shall study what causes the light to act upon the mind, and to infuse all nature: mineral, vegetable, and animal.

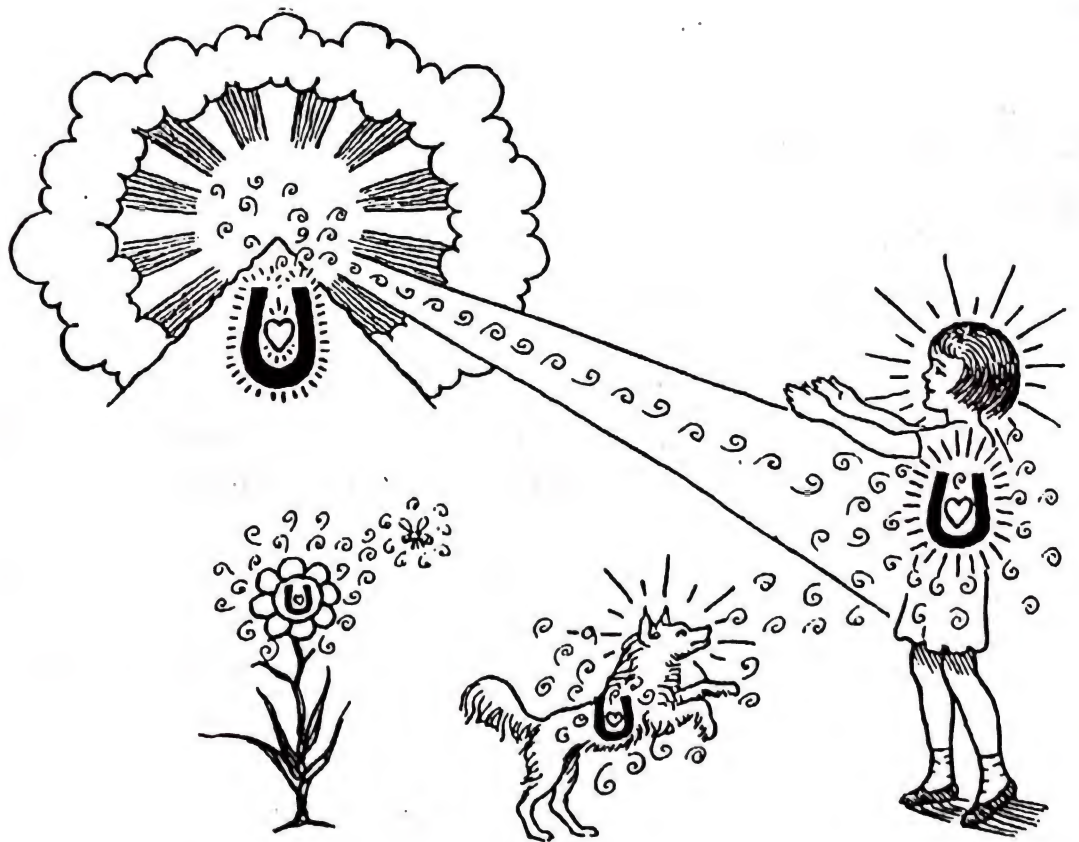
Do you know what causes your mother or father to do everything that is for your good, to give you the best food, the nicest clothes, and to send you to school? And why they are always ready to listen to all your troubles? For you find that no matter how troublesome you are, your mother, or father, or teacher at school is never really tired of you, and that your welcome is always assured.

Why is this, I wonder, when you know that many times each day perhaps you have been a bother? Yet never at home, or at school do you find yourself unwanted. We shall soon see why.

It is because this light that interpenetrates all things, all children, and all animals, is but the outer body for something else. For

inside the light, and acting as an active agent for it, is the soul of the light, which is the **drawing power of love**. This is the cause of the light's attractive powers. You know we should not care much about an open fire if its light did not contain heat. It is the warmth within the fire which attracts and holds us.

You have probably been told that the rays of sunlight travel from the sun to the earth in constant streams that never cease. Day or night, and even when the rain is falling and the clouds shut the sun



away from us, still above the clouds it is always shining, and sending its rays in never ending streams of light to our earth and the other planets. For when the sun is not shining upon us during the



night, it is because our earth has revolved on its axis (which means whirled around) until the sun is shining on another part of it.

So, inside of all the children, mothers, fathers, teachers, friends, cats, dogs, trees, and flowers in the world, in fact inside all things, little sparks of light are constantly revolving and traveling outward, like the sunlight from the sun. The reason for this movement is the invisible force of love. For **love is an energy**, and the greatest energy that God uses in keeping all this universe in motion. The stronger the **love** the greater will be the **light**, and its power of **mind**.

If your mother did not love you so much she would not have the kind thoughts, words, or deeds toward you, and the same law holds good for your father and for all your teachers. It is because you bring out love in the hearts of all. Even a dog or cat will act with greater patience toward children than toward grown people.

There is always a reason for all things, and the reason why Jesus said the people in the kingdom of heaven were like little children was simply this: that little children are brimful of love, and such good clean love is an attraction to the light from the Mountain of G, and causes everything to be drawn toward them.

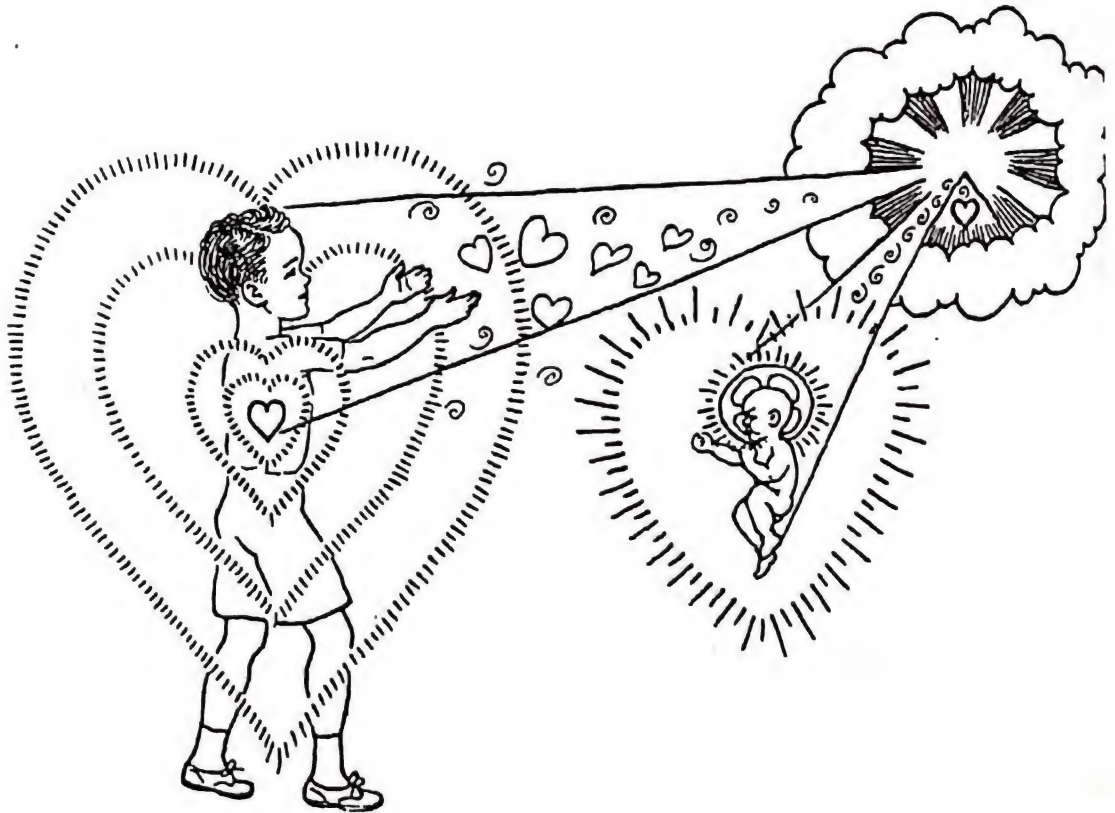
Have you noticed how much attention a baby draws to itself? Everyone loves a baby. Why? Because the baby's soul has but newly come from the Mountain of G and is overflowing with love, so that it constantly attracts the light-mind of all grown-ups and children. For **love rules light**, and acts as an invisible energy, which becomes visible through its results—our words and deeds each hour of the day.

Even the grass and trees show us love, for we may walk upon the grass or break the limbs of the trees, and yet their inner life will not react or resent our acts, but will busily heal the bruises we inflict upon these inanimate children of God.

Love, then, is the **motive power** that causes the light from the Mountain of G to seek out boys and girls who are filled with love,

because love finds love in order to express more fully. If you have someone whom you love dearly, you are always trying to see that friend; or if you cannot be near, you write letters and send thoughts. You want to keep sending out your love to someone who wants it, and feels the same way toward you.

So we will add one thing more to the Wanting Exercise you were taught in the last lesson. Before you tell your want or try to mentally see the Mountain, the angels, or the light, just say to yourself **"I am filled with love."** Then let your loving thought go out to the Mountain of Light, which is so tenderly turned toward all children



As you do this, a wonderful little child, like Jesus in nature, will begin to grow in your heart each time you repeat the words, "I want all my lessons today to be easy for me to understand."

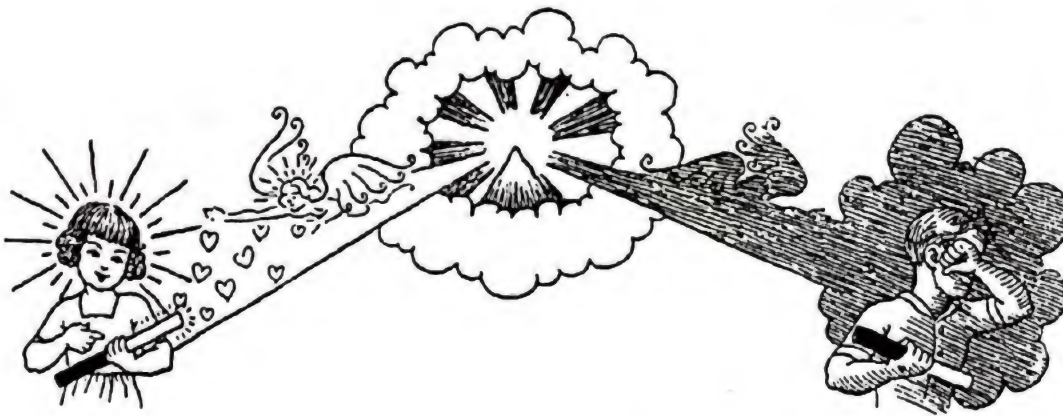


Do not say, "I wish all my lessons to be easy for me to understand," but say positively, "**I want.**" For you are created out of the One Substance of God, and have in you the right to say, "**I want the light,**" when you desire it for good purposes only, and are filled with love and loving thoughts.

Some of you may say, "O that is silly! It won't do any good." But when you study about energy and power, such as the energy and electrical power of lightning, and find out why a sunset shows colors low down in the sky; and learn many other things concerning nature and ourselves, you will see that thoughts and mind power are at the root of everything.

In order to understand fully how you can enter the divine side of God, you have to know why God expresses in one way toward **animals and nature**, and in another way toward **man and the angels**. So we will talk about that next.

Imagine a stick of wood with one half painted white and the other half black. The white end we will call the good thoughts, expressing themselves through the light of the Mountain of G; and the



black end will be the ugly thoughts turned away from the true light.

If you hold the stick in the middle by your thumb and finger, and let it balance so that the white end is up high and the black end low

down, you will have an illustration of a good child, with a clear path of light above him, which allows him to receive help from God through His Son Jesus.

Now turn it around, so that the black end swings higher than the white end, and see how a bad child with unruly thoughts, words, and acts looks in the eyes of the angels of light.

The **love** within has not a **clear path**, and the result is that where there should be light, and a mind working freely, with constant help coming from above in all studies or play, there is instead a disobedient child, whose very looks display temper, unrest, and all that troubles the loving hearts of its parents or friends.

This is true of yourself as well. If you constantly **renew your energy of love and light**, by trying at all times to watch your thoughts, this will in a short time bring you to a happy state where studies, home work, and play take on a different aspect. Studies will be easier and play even nicer than before.

This is not just talk, but a real true fact, and the reason is this. You know, because you have seen it happen, that if a fire is lighted under a kettle of water, the water will grow hotter and hotter until it gives off a vapor called steam, which floats away into the air in little clouds.

Now your body is made mostly of water—otherwise you would have no blood, or saliva, or tears. And love is an energy just as real and much more powerful than fire. It warms everything it touches, just as the fire warms the water. So that when you **light the fire of love in your heart** its warmth actually travels through your body and opens all the little cells within it so that they give off rosy clouds of happiness and joy, which float about you and reach out to all those you meet.

Even flowers can tell whether one's heart is warm, for they will grow better for one who loves them. And haven't you heard people say sometimes, "That woman has a warm heart," meaning that she



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Even flowers can tell whether one's heart is warm, for they will grow better for one who loves them. And haven't you heard people say sometimes, "That woman has a warm heart," meaning that she

loves people and does kind things for them? Or "He is very cold and calculating," meaning that such a man has not lighted the fire within, and so does not feel love toward others, but only for himself?



The more you feed the fire of love with beautiful thoughts and acts of kindness, the brighter it will glow, and the warmer all the little cells of your body will feel, until they open wide their doors too. And each one of them has a tiny golden fire at its heart, which will come forth and shine like a golden star. After a while people will say, "How beautiful that child is! Its face actually shines with love!"\*

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### EXERCISE

*(Repeat one or more of the exercises given in the five preceding lessons, as preferred.)*

\*See Appendix, Note 11.



## QUESTIONS

1. What invisible energy is enclosed in light?

*Ans.* Love.

2. Is light limited to mankind?

*Ans.* No, light is in all things in a greater or lesser degree.

3. What causes your mother, father, or teacher to have so much patience with you?

*Ans.* Because children are full of love.

4. What is it in children that is most affected by love and light?

*Ans.* Thoughts.

5. Why do we think, "I am filled with love," before making the wish?

*Ans.* Because love in children attracts the light from the Mountain of G.

6. If we increase our love what is the result?

*Ans.* The light messengers can aid us more easily.

7. What effect do unkind thoughts have upon us?

*Ans.* The path which Jesus showed us to the Mountain of G becomes darkened.

8. Why had mankind forgotten the path?

*Ans.* They forgot that all light had its source in the Mountain of G.

9. What is love?

*Ans.* The invisible energy of God.

10. Is this invisible agent active in all nature?

*Ans.* No, in some things it is dormant.

## LESSON 7

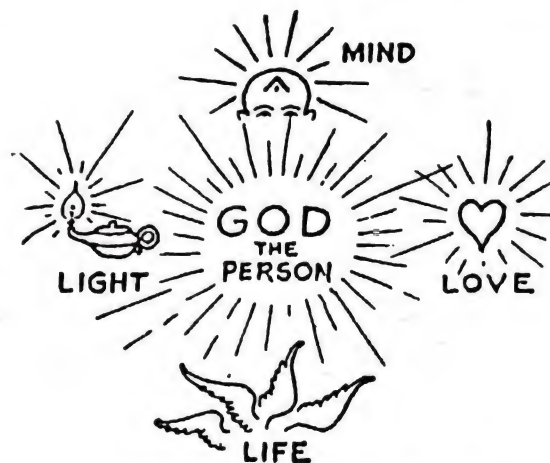
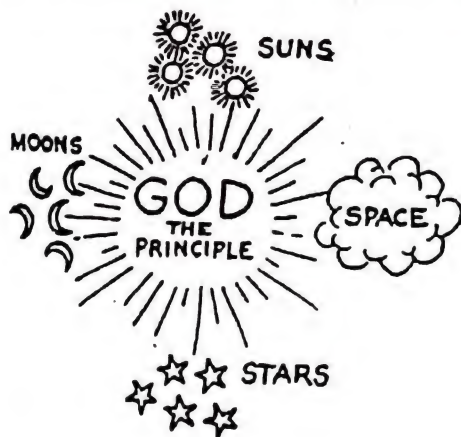
### THE FOUR GREAT POWERS:

### LOVE, LIGHT, LIFE, AND MIND

In this lesson we shall again study the One Substance of God which is manifest in all things, but this time we shall find out how it is changed from one thing to another.

You remember you learned that everything in the universe is made out of One Substance, and that this Substance is changed in its nature, its form, and its color, according to the relation which the object may have to the principal elements that go to make it up; that is, how much it contains of earth, water, fire, and air.

The first four lessons explained that with the first division of the One Substance into four elements there came into being the little brown earth gnomes, the water sprites, the fire sparks or salamanders, and the air spirits or sylphs. These four, which take on form before our inner eyes so that we may know the nature of each one.

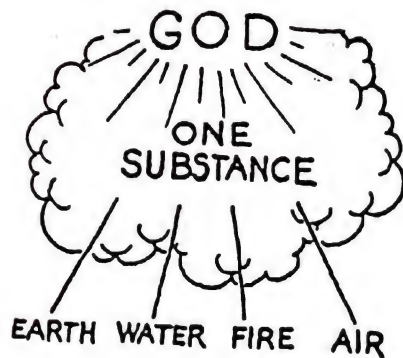


These four principal elements are but four parts of the One Substance, which has in it the qualities of God Himself throughout the whole universe. So the only way we can comprehend God is through this One Substance, and we call Him by different names



according to our measure of understanding of this Original Substance. In nature we call Him a **principle**, but in mankind we call Him a **person**. (God the Principle means the great Power or Law which forms the suns, moons, and stars, and holds them in their orderly courses.)

Because of this fact, we say God is both a principle and a person, for the One Substance takes different forms, according to its place in nature, its power, and the proportion of elements within it. Its **form** is related to the elements of earth and water, which the tiny earth gnomes and water sprites so lovingly represented. Its **place in nature** and the **power** it shall possess are determined by the elements of fire and air.



It is as though earth and water made your body, fire helped you to move about and feel or want, and air gave you the ability to think. We might say that fire and air are your invisible wings.

You may well ask how God does this; how He can take just One Substance and get so many results as are seen in the world. Let us take one substance that we know very well, and see how it can be changed under our own management.

We will take a piece of gum first, just ordinary chewing gum. When we first see it as it comes in the package, it is hard, but when

it is chewed it becomes soft and the color changes. In that state we can stretch it. If we heat it still more it becomes much softer, like running wax, and the smell changes. Then we can use it as glue, for sticking purposes. But if we put it on ice it becomes hard again.

This is just what God does with the original One Substance. The part we call earth is the One Substance hardened; the part we call water is the Substance soft and running; the part called fire is heated very hot; and the part we call air is the **power** of the One Substance, aiding them all, because earth, water, and fire all depend upon air, just as we depend on it in order to breathe.

God created His heavenly angels out of the refined part of this One Substance, and gave them power to take the four divisions, or the four elements, and change them into endless combinations, until now we have over a hundred known elements. But they are all related either to earth, to water, to fire, or to air.

This is just as if a mother should cut out a doll's dress for her little girl and then say, "See, dear, I have cut out the first dress so that it is right for the doll. Now you can take this one as a pattern and cut out others something like this but different." Or a father should take a piece of wood and make a small boat, and then say to one of his boys, "Now son, you take the rest of this wood and make a larger boat, using the model I am giving you. Just change the size and shape as much as you wish, but keep to the nature of a boat."

The angels did just as these children would do. They took God's One Substance, which He made hard and soft, hot and cold, and working under His guidance they have been creating things out of it ever since. And because we are related to both God and the angels, **we can do likewise**, if we want to.

In chemistry we know how to take different elements and change them into new combinations. And in working with flowers and



vegetables we take the things we already have and change them, adding to their usefulness and beauty all the time. So we are really creating like the angels, even now.

This lesson about the One Substance and the four principal elements is a big subject and hard to understand, yet we must master it before going further, just as we must be familiar with the letters of the alphabet before we can put them together into words. These four divisions or elements, and their names, must be learned first, before you can understand the divine and earthly nature of God, and know how God is in all things about you, as well as within you.

I want you to realize how all this may benefit you, and how you can put this knowledge to use, for knowledge that you can never use is not any good to you. Even when you have gone as far in your studies as college, you will be able to apply the laws that have been taught you here, because they are fundamental laws, and so will prove more helpful all the time, as you grow older.

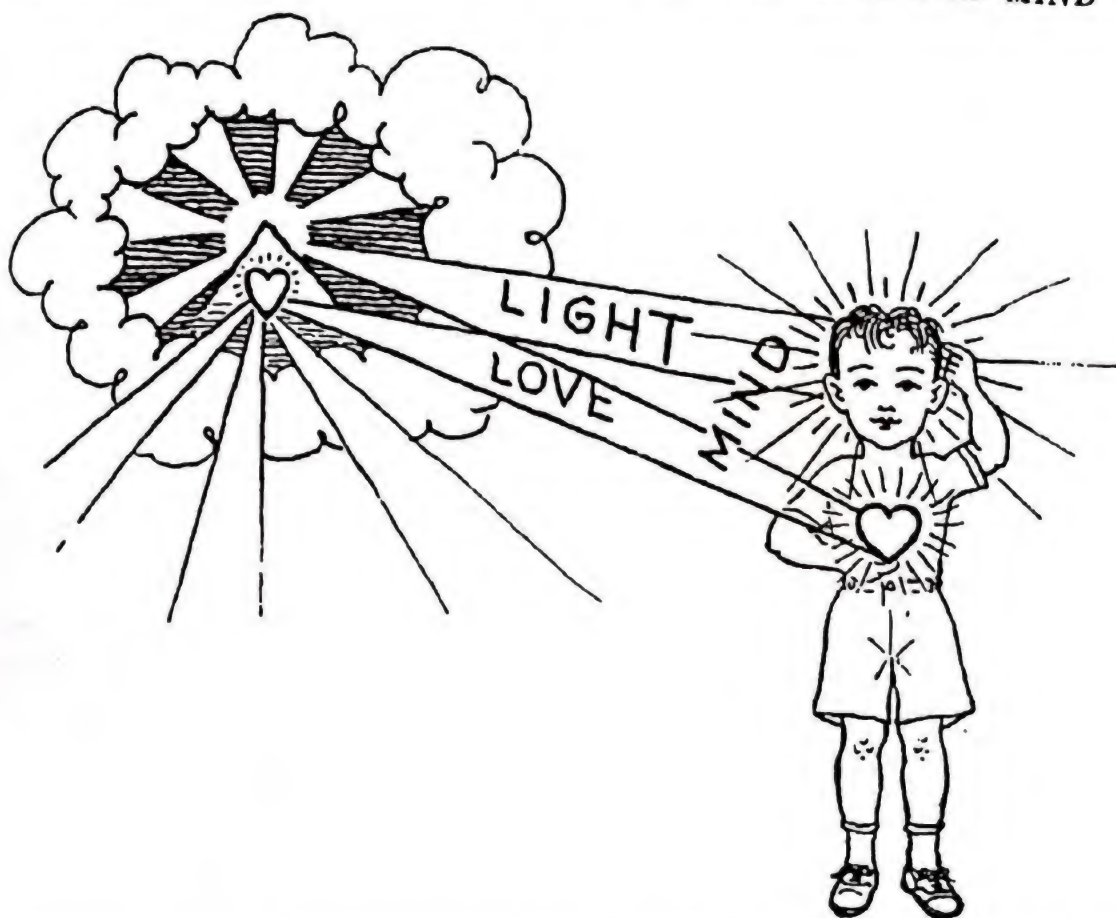
All nature is controlled through **balance**, or **polarity**; that is, changing the amount of fire in it, or its rate of vibration, so that the form it wears is different. Like the gum which could be chewed and made soft, stretched and changed in color, heated and changed in smell, put on ice and again hardened. We do not change the actual gum itself by putting anything into it, or taking anything out of it; all we do is to change its balance, or its polarity.

And it was our mind, backed up by our body (our hands) that was able to think of ways and means of changing the gum. If we did not have a good strong mind that could think clearly we never would have known how gum could be changed at all.\*

You see it is the mind that controls the whole matter, and I have explained already that your mind, with its resulting thoughts, is affected through the light that comes from the Mountain of G.

This light, if it can find and respond to love in you, will cause your mind to work quickly, and so enable you to think out all your

\*See Appendix, Note 12.



problems. But if you neglect to take in the light, because of your own hardness of heart (which means neglect to love and be loved in return), then your mind will work slowly, and everything will be much more difficult. That is why it is so important for you to know about it.

Let us study another article. This time we will take a live subject, a bird. You have seen birds all your life, and so you know what they look like.

First, the bird is related to earth, because it has a form; next to water, because it has many liquids in its composition; third it has warmth, so it must be related to fire; and fourth, by its ability to fly wherever it likes it shows clearly that it has overcome the power of the air.



Should we ask a professor of anatomy the bird's composition, he would tell us in detail ever so many more known elements which it contains. In fact we should be very much surprised to find that there were so many. But every single one of them is related to one of the four named: earth, water, fire, and air. These are the principal elements which control all the others, and the lesser ones are like brothers and sisters, cousins, children, and grandchildren to the original four.

So far we have studied how these four are related to this planet Earth in its bodily form, or its outer shell the Land of D. Later on we shall study these elements as they are related to the finer parts of our planet, or the Valley of O and the Mountain of G.

The fact that our planet Earth displays so many kinds of forms, colors, and activities, is what is so confusing to your growing minds, and makes you ask how God can possibly be everywhere and can know all things. These are sensible questions which can be answered in a sensible manner, and you will be able to tell your children a great deal about this threefold kingdom of God, because you have studied these lessons and heard the answers here.

There are three things which help you find and make use of the spirit which God breathed into you and which we called the Mountain of G. I have touched upon these already and shall keep speaking of them again and again. One is **love**, one is **light**, and one is **life**. These three give us the power of **mind**, and so mind can control all three of them.

You know what love is, because you have been in the midst of some kind of love ever since you began life. And you know how light helps in all the needs of daily pleasure and work. You also know life in a somewhat lesser degree, and you know by your ability to think, act, and speak, that you have a mind.

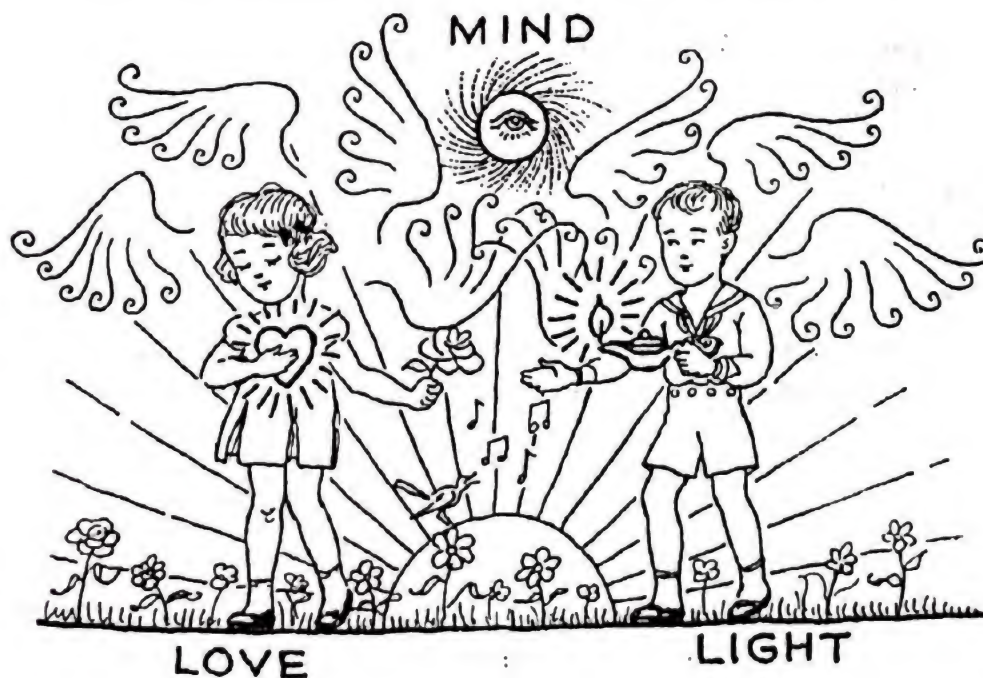
But you only know the simple power of these three great ones: love, light, and life, as yet. When you are older you will come to

know these three in their relation to mind, and thoughts, and will, and the acts of daily life.

Next lesson we shall study energy in its broadest aspect, and see how **life never ceases**, how it goes from one form to another constantly. This should prove very interesting to you, for children of today have scientific minds, and so can understand problems that their parents did not understand at all at the same age. This is because children now may see, through moving pictures, so many foreign lands and industries that their parents knew only very vaguely when they were young.

Today's lesson ought to make you realize better how the daily Wanting Exercise will help you to do your lessons at school with greater ease than a child can who does not know that there is a great spiritual broadcasting station between earth and heaven.

Do not forget that the reason this is placed in charge of our Lord Jesus is because He was a Son of heaven who willingly came to earth, to show us the path to the heavenly Mountain of G.





I tell you this over and over so that you may use the knowledge He brought, and take advantage of it in greater love. Because love toward your family, your friends and teachers, toward all dumb animals and even the trees, flowers, and blue sky,—**love** in any and all directions **gives you greater light**.

And the result of greater light is a better and more useful **mind**, one that can grasp all your problems with greater ease. Have you ever noticed that a dull child is usually slow in response to all love? If you have not done so, just keep your eyes and ears alert, and see if this is not true.

If you have only a little love you will have only a little light, for **love and light walk hand in hand**, and wherever they are found the world will blossom with sunshine and happiness and beauty.

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## EXERCISE

*(The three parts of this exercise are in reality all one gesture, and in repetition it gives the feeling of flying. If feasible it can all be completed in six counts instead of twelve.)*

1. (a) Bring the arms round in front in circle form, on a level with the shoulders and with the tips of the fingers almost touching.  
(b) Lift them slowly over the head to the count of 1, 2, 3, 4, 5, 6.  
(c) To the next count of 1, 2, 3, 4, 5, 6, lower them till they are straight out at the sides, palms up.

- 
2. After you have finished the other exercise and are seated again very quiet, do the "I want ——" exercise.

## QUESTIONS

1. How many elements are there in the first division of the One Substance of God?

*Ans.* Four.

2. What are these four principal elements called?

*Ans.* Earth, water, fire, and air.

3. Are there other elements besides these?

*Ans.* Yes, many others.

4. Are the others related to these four?

*Ans.* Yes, all elements are related in nature to these four.

5. What were the symbols or spirits which depicted these four principal elements?

*Ans.* The little brown people, the water sprites, the fire sparks, and the sylphs of the air.

6. How many caves did the children visit before entering the flowery Land of O?

*Ans.* Five.

7. What took place in the first cave?

*Ans.* They rested and refreshed themselves (by eating candy).

8. What controls all nature?

*Ans.* Balance, called polarity.

9. What did we do to the gum?

*Ans.* Changed its balance.

10. Name the four great powers.

*Ans.* Love, Light, Life, and Mind.



## LESSON 8

### NOTHING IS WASTED

In the last lesson we reviewed the first division of the One Substance and began the study of the four great powers: **love, light, life, and mind.**

These four you will learn more about later on, and find how you may increase your ability not only to understand them, but to take advantage of them. In other words, you will learn how to put them to work for you, and by so doing grow in your ability to help the world become a better and happier place for all humanity.

Also you, in your turn, may later teach others the truths which you are learning here, and perhaps even be able to throw greater light upon them, for there is no limit to the capacity a child may develop, once given a good start.

That is all I hope to do—to give you a good start along the path of knowledge, and so enable you to pick up the thread of truth yourself and follow it still further. Once you learn the path to the Mountain of God and find out how interlocked God is with us His children, you will easily come to understand the rest.

**Nature is the great mother of form.** We sometimes call her Mother Earth, for she it is who has charge over all form. She decides whether each bit of the One Substance shall show itself as a blade of grass, a flower, a rock, a cloud, an animal, or a child.

She does her work by means of **energy.** For example: There is a crude black oil which comes out of the ground. We call it a **conservation of the earth's energy**, because the earth has been thousands of years working to make it. Within it are many different kinds of things.

Gasoline comes from it, which runs our motor cars, little motor boats, and engines. Kerosene is another thing, and that can be







burned in lamps and stoves, where there is no gas or electricity. Vaseline is still another—a salve to put on sore places. The tar that goes on our streets is another; and even some of the perfumes which smell so sweet are made from this same crude oil.

As another example let us take tin, which is a metal and also comes out of the ground. It is a very necessary metal, for it is converted into tin cans and many articles of use for the home and out-of-doors. Ever so many toys are made out of tin. Yet when these tin articles wear out and are thrown away they do not lose their usefulness, but rust and rot and disintegrate, and so go back to earth again, as a certain form of fertilizer.

So the article which was an old tin can becomes earth again in time, and its rust, combined with the earth, will grow better vegetables or flowers, because the earth has been enriched by having received what was of no use to us—the rusty tin cans. The vegetable in its turn is eaten, and so some boy or girl, small or big, is given more strength. See what a wonderful journey the tin takes.



As a metal it was part of the earth. Then it passes from one form of energy to another, and is given its many forms by means of the four principal elements (earth, water, fire, and air) and the various chemical processes of **integration** (building up) and **disintegration** (tearing down).

For a little while it is tin, then earth again, then vegetables, which are eaten by the boy or girl, and so it becomes a part of a child. By

these simple examples you can see that **life continues**, but its form and nature keep changing, as its energy becomes either metallic, or vegetable, or human.

Think of a tree which grows in the forest far away from the eyes of all. When it is cut down it may be converted into many things, such as wood for the fire, charcoal, furniture, toys, houses, fence rails, wagons, and many other forms of usefulness.

Yet in time all these will decay or be burned up, and so what came from the ground in the form of a tree will return to the ground again, where Mother Earth will receive it with open arms of welcome, and will send it forth after a while as another variety of life.

What happens to the wood which is burned in the fireplace? It becomes ashes; and the ashes, if put back on the ground, will help the rose bushes to grow better roses, or the grape vines to become strengthened so that they give us better grapes. Or the ashes may be converted by the aid of water into lye which, if added to grease, will make soap. Many other things of nature will welcome the ashes.

All things may be put to use and converted into energy and form, by the clever mind of man. New discoveries are being made every day, and new ways being found to convert the waste materials into useful articles. You know that there are people who buy old rags, papers, and waste materials, and that these old articles are all sorted out and made into many things by certain processes.

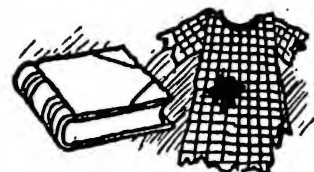
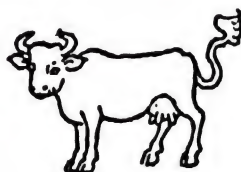
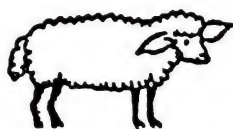
Old rags are made into paper, and old papers are ground up and pressed into shape for dolls' heads. Then the doll, if lost among the tall weeds or grasses, will disintegrate in time, and Mother Nature will receive it with love and thanksgiving again, and will change it into better grass or stronger wild flowers.

We are not apt to think of earth, or water, or fire, or air, as having a mind like ourselves, yet we know that what we have named Mother Nature must have a **guiding mind back of her works**, else



she could not keep up such a systematic conservation of energy. She never wastes anything, but constantly turns one thing into something else.

So you can readily see that all energy takes form in whatever sphere it lives. This changing and re-forming is accomplished through the **love energy**, that attracts all things and takes them to itself. If the ground hated the old tin can it could not so lovingly receive it and at once pass it on in the form of wild flowers, or grass and vegetables to feed animals and human beings.



Perhaps a lamb will feed upon the grass and then give its wool to keep us warm, to make beautiful and useful woolen garments to wear in winter. And the cow, from the grass she eats, makes delicious milk for us to drink. So does the energy of the waste tin can or rotten wood pass into other forms of usefulness and beauty. Strength and beauty come from it to make this world a pleasant and happy place for all to enjoy.

None of these waste materials could exist or change without **love and light**. The sun's rays (or light) are attracted by the love which nature actively keeps alive by such hard work as I have been talking about in this lesson, and thus he lends his aid in all.

So again you see how love attracts light, and light aids love, giving it a beautiful garment, for love is an **invisible** energy until it is **clothed in a garment of light**. So all life is utterly dependent upon both love and light, for without them it could not exist.

Without love, life is a burden and a sorrow; without light the mind becomes clouded and dull; and without love and light, life lies dormant in the bosom of nature. The mind within all things and

all people depends upon love and light, in order that it may become useful. So you see how the invisible energy of love, working in all nature, aids children as well as grown-ups.

Your books can tell you an entire story even before you open them to study what is written on each page, for the cover and pages may have been made from some beautiful tree which grew in the forest, or perhaps even from the old clothes of some boy or girl, who had already enjoyed them before they were sold to the rag man.

And you know that should you throw the book away, after you have used it, and its useful life as a book is finished, the earth will gladly receive it and convert it into earth again. Or the element of fire will use it and give you warmth in return, and ashes for the earth. Or the brook or pond will take it and convert it into a form of water life. If it is burned, then the air, which is a close brother to fire, will use the smoke and give you a beautiful cloud in return.

Each of the four principal elements will gladly and lovingly accept your cast-off waste materials, using them once more in another form, where you may enjoy them all over again.

This loving return and hard work would not take place if God's One Blessed Substance were not in all things. This **One Substance cannot be destroyed**, for it has everlasting life, ever-working love, and ever-shining light.

These three great ones are in the One Substance, and go to make up **mind**, which, either active or dormant, is working in all things and all people, so you can see how necessary it is to know about these three powers, love, light, and life, in order to understand about God, and find out how He aids us in the thoughts, words, and acts of our everyday home life.

These lessons about love should help you to try hard each day to really love every part of your home and school life, for your thoughts cause you either to advance in love, or to become dull and stupid.



Your daily desire to grow more loving toward any **one** thing, whether it is a toy, a kitten, a little bird, or even the wild flowers, will enable you to become more loving toward **all** things, and **all** people. When you love them better you will understand them better, and so you see how **love becomes mind**.

Each of you has a big debt of love to pay your parents, because your mother and father are constantly working to give you the best that God has to offer, in order that you may become a good and useful man or woman.

Also think of the patience teachers have, staying in the classroom so many hours a day, in order that children may have the benefit of the knowledge obtained by all the teachers, past and present, who have lovingly written down their discoveries in such simple terms as you may easily understand.

How can you help growing in love and loving thoughts, words, and deeds toward all others, when you learn of the love given so gladly to you? All science, all art, all music and literature, are carefully treasured and passed on to you, that you may be saved the hard labor of working out each law for yourselves.

Only the good is passed on, and that which is the opposite is carefully put away for Mother Nature to change into better things. You see how everyone loves children, and how everyone is trying to aid you to become good and beautiful in the sight of God.

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## EXERCISE

*(This is a repetition of the first color exercise except that violet is substituted for the color blue.)*

1. Raise the hands sidewise over the head.
2. Visualize the color violet.

3. Breathe in very slowly through the nose to the count of 1, 2, 3, 4, 5, 6, drawing the color violet into your body through the nose as you breathe.
4. Expel the breath slowly through the mouth to the count of 1, 2, 3, 4, 5, 6, trying to make the color violet turn golden as it leaves your body through your mouth.  
(As before, be sure that 3 is well learned before trying 4.)
5. After you are seated again and are quiet, do the spiritual exercise, the "I want——."

## QUESTIONS

1. Is energy visible without a form to clothe it?  
*Ans.* No, all energy is invisible without form.
2. Is love an energy?  
*Ans.* Yes, God's greatest energy.
3. Name the three great powers.  
*Ans.* Love, light, and life.
4. What results from the union of these three?  
*Ans.* Mind is the result.
5. Is anything wasted in all the world?  
*Ans.* No, only changed in its nature.
6. Who attracts the most love?  
*Ans.* Children.
7. Why do parents and teachers try so hard to give children all they can?  
*Ans.* Because children of today become the teachers of a later period.
8. What phase of life will love, light, and life benefit most?  
*Ans.* The daily life.
9. What happens if we increase our love for all things and people?  
*Ans.* We grow in mind.
10. Name the four principal divisions of the One Substance of God.  
*Ans.* Earth, water, fire, and air.



## LESSON 9

### THE WONDERS OF FORM

In the last lesson you found that **all energy must have a form** if you are to see it; otherwise it remains invisible. This being so, you ought to know something about form, because if energy uses it, then form can be changed.

The first four lessons were to show you the reality of a Divine Being; the next four were on how to use the divine power; and the coming four will be upon the wonders to be found within forms, those relating to both man and nature. This lesson deals with form itself, which acts as the clothing or channel for energy.

How could you recognize each other and remember your homes, if you and they did not have a form? Your coats would not fit you if they did not possess form, and your hands would be of little use if they were just shapeless and had no form.

Love is the invisible energy of God in man, and it also would have no means of expression unless there were someone or something to love. And the same law holds good for the reverse direction—there must be someone or something to love us in return. **All nature uses form**, and makes that form stable, or solid, for a time. But only for a time, because **the form wears out**.

Even the four principal elements use a form—earth has form, so has water, and fire shows itself as the flame. Air uses color as its form, and the clouds help to show whether the air (or wind) is blowing or whether it is motionless. It is not possible for you to see any element in manifestation unless it takes form.

Do you remember, when you went on the story journey of the Spiral Road in the first four lessons, that you found the Earthly Cave inhabited by the little brown gnomes? How could you have

known they were earth elementals unless they had taken on a form for you to see? How could you have known that the **element earth has life**, if only a handful of dirt had lain about here and there in the cave?

The beauty of love, light, and life converts the elements of earth into form, that of small brown gnomes, and this shows us clearly that the element of earth enters into the composition of people as well as nature, because they looked like queer little men.

And the lovely water sprites—because they wore forms it helped you to know that in the element of water also there is life and beauty, each working in love and light. The same thing applies to fire and air.

When you entered the Valley of O and saw it like one endless garden, with all manner of beautiful flowers, trees, and exquisite statues, how much more you enjoyed it because the energy of love had taken on such beautiful forms! You see we are studying the beauties of God's universe before we begin to learn why, in the midst of so much loveliness, ugly thought forms exist.

The very reason the garden in the Valley of O is there is because the great energy of **love can work more freely in the midst of beauty**. These are the forms best suited for the angels also, and they are glad of such a pleasant place in which to meet the people who journey toward the Mountain of G.

There are other divisions which you did not see in the Valley of O, or in the five caves, and they have an even greater variety of forms. Have you ever shut your eyes at night, when the light in your bedroom was first put out, and seen tiny shadowy forms of faces, colors, or lights?

These fleeting faces, shadowy forms, and colors are not outside of you but inside, shining within your outer or **everyday mind**. The light of which they are made comes from your **soul mind** (the Land of O) and is reflected from there by your ordinary mind (the Land



of D) where it takes form. For they had to be given form else you could not have seen them.



There is still another way of seeing the beauty of what is taking place within your own Land of O or your inner mind, and that is by the **Great Light**, which has its source in the highest part of your inner self, your own Mountain of G. This light will shine outwardly if you try to have it, and will disclose to you the fleeting forms which your mind is taking, for thought always takes form, just as everything else does.

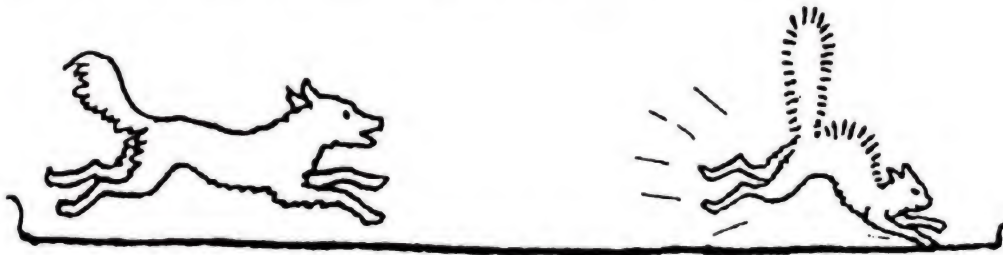
These forms are called **thought forms**, and are but the beautiful reflections of love and light, as they meet and blend within your outer or inner mind. All these will take form for you to see, if you have the ability to keep quiet enough in your outer mind.

But the trouble is that the outer mind of a boy or girl is constantly noisy through the day, and this noise and confusion scares away the delicate lovely thoughts of the soul mind. For you must remember that the soul mind is related to the lovely garden of O, the valley of beauty between your outer, noisy everyday mind, and the light of the spirit of love called God, which lives within the highest point of love you can feel.

That is why this part of God is named the Mountain of G, for we

are all fashioned in the image of God, and you remember we found that God had a body called D, a soul called O, and a spirit called G. Each of you has just these same three states within yourself; a body with its outer mind, a soul with its inner mind, and a high spirit from out of which pour forth the love and light which control both the outer mind and the inner mind.

All **mind works through thought forms**; when you think, the thought takes form in your mind. Let us try to see mentally a few thoughts. When I say, "Our classroom is enclosed by four walls, a ceiling, and a floor," didn't you see the walls, and the floor, and the ceiling taking form in your mind?



Again try this. "A dog chased a cat down the road." Didn't you see the form of a dog, a cat, and a road? Yes, and had you taken pains with the thought, you could even have seen the color and size of the dog as well as the color and shape of the cat. And you could have known if the road had trees and grass beside it, and whether it was a dirt road or had a tarred surface.

All this flashed through your mind in thought form, did it not? So you find that even though you do not usually notice it all your thoughts take form. How could this be if there did not exist in your mind both energy and substance?

For **light is a substance**, and this substance of light, which has its source in the Mountain of G, is as near as we can get when we try to imagine the One Substance which God used in creating all things.

This great substance of light takes different forms, according to the invisible spirit energy of love within it, which is God Himself.



And so you see, when we think of love and light as God, we do not go far amiss, for love and light are in all that God has created, and in all that man has created or ever will create. **Love and light are life;** and love, light, and life use the power of mind **in order to take form.** Thus form is in thought even as in nature.

These forms of thought take color and shape according to the grade of energy used in their composition. Let us take a thought form which is highly colored, such as: "The bright sun shone on a garden of flowers. Golden sunflowers, blue cornflowers, and pale pinks were scattered amid a profusion of red roses."

Notice how the colors of sunlight, gold, blue, pale pink, and red, all took flashing form in your thoughts as you read the sentence. Later on you will learn more about where color comes from in both man and nature; but this lesson deals wholly with form, and the wonderful fact that even within our most casual thoughts form exists.

Now let us take a sentence where all form is more or less dormant, or asleep. "The silent rocks lay amid the still waters." In this sentence there is no action, yet the forms of the rocks and the still waters are present in your thoughts, just the same, and you can recall these thought forms at a moment's notice.

Do you remember the story of the gum, in the last lesson? And how we changed its color, smell, shape, and hardness? You see by simply recalling the lesson about the gum you can put back in your mind all the pictured forms of the last lesson. What a vast thing the mind of a child is, and how it can be improved and **polished until it reflects** the perfect love and light of God's true Substance!

The advantage of this is that by more perfect light you may accomplish greater and finer deeds as you grow up, because the mind is ruled by the light of God in every detail, no matter how trivial.

The opposite of this is true also: that God's light can be darkened by a mind determined toward selfish thoughts, for the angels of



God and the light messengers are not interested in the unworthy thoughts you have. They work ever toward the light and in the light, and love is their motive. Try to watch your thought forms, and see if they cannot be forms of beauty and kindness, because it is very important.

You have often seen a field that someone has made into a garden, and you have also seen a field that someone has used as a dumping ground for rubbish. Which would you rather have, the one that has been made into a garden, or the one that is covered with rubbish? The garden of course.

Then you must remember that your mind is exactly like an open field now, all ready to be made into one or the other. It is your very own, to do with just as you please. Are you going to put a lot of rubbish on it, or do you want to make it into a beautiful garden?

You want to make it into a garden, I know. And in the midst of that garden, as you grow up, will be your very own house of the spirit, that you will build yourself, for your spirit to live in all your life.

Are you going to build a skimpy ugly little house, with windows that you cannot see through, and a roof that leaks when it rains? Or are you going to build a beautiful house that lets in all the sunshine and none of the storms? You want the beautiful house, and I think I know the kind you would like to build. Watch it grow as I describe it.

It is going to be dazzling white, with wide clear windows shining with light. And all around it will be sunny green grass and shady trees, and the loveliest flowers you can imagine, of every color in the world: red, and yellow, and blue, and white, and pink. Little gold fish will swim about in a shallow pool, and birds will sing in all the bushes and trees, bringing life to every spot, for your house will be so full of love that they will stay close by and sing all day long.



*THE SPIRAL ROAD TO GOD*

Many people will want to come too, because they will see your light and feel your love ever so far away, and will draw nearer, just as the birds do. So all the world about you will laugh and sing and be full of joy, and all because you built a garden and a house.

---

### EXERCISE

1. Imagine you are filling your hands with beautiful pink rose buds.
2. Then spread your arms wide apart and raise them high over the head.
3. Let the roses fall from your hands in a pink shower all about you.
4. Do the spiritual exercise.

*(This helps to fill the mind with beauty in thought as well as in action.)*

---

### QUESTIONS

1. What is the greatest wonder you have found within yourself today?  
*Ans. Thought forms.*
2. Can thought forms have color and action?  
*Ans. Yes, both color and action.*
3. What two things can you think of as God's One Substance?  
*Ans. Love and light.*
4. Is love visible?  
*Ans. No, love is an energy.*
5. In what manner does love manifest to us in visible form?  
*Ans. Love is manifest in every person, every thing, every good thought, word, or act.*
6. When you thought of the sentence, "A dog chased a cat down the road," what took place within you?  
*Ans. The thought took form within the mind.*
7. Name the four great powers.  
*Ans. Love, Light, Life, and Mind.*
8. Do these exist in every child?  
*Ans. Yes, either in an active or dormant way.*
9. How many minds has every boy or girl, man or woman?  
*Ans. Two, an outer and an inner mind.*
10. What happens when the outer mind is noisy?  
*Ans. The inner mind is scared away and waits until we are still.*



## LESSON 10

### THE VIBRATION OF SPEECH

In this lesson we shall review the two lessons on energy and form, and in addition take up a simple study of **sound value**, and its vibratory action in relation to speech.

Have you ever thought about the **power of the human voice**? How just the voice of a person can either charm or disturb you? Sometimes even change the entire day for you? If one member of the family speaks harshly at the breakfast table the entire day is disturbed somewhat for every member of that family. It seems strange that one sentence should have such power, yet if you think about it you will see that it is true.

If your teacher at school says, "Class is dismissed," joy surges over the whole class at the welcome release from the day's work. Yet if the same teacher says, "Class is dismissed this time, but if you act in such a disgraceful manner another day I shall keep every one of you after school hours and send a report to your parents," how different the pupils would feel as they left the classroom!

Some would resent the teacher's words, knowing they had been unjustly spoken to because of another child's ill behaviour. Others would laugh and pretend not to care, knowing all the time that they were the ones who richly deserved the reprimand. While still others would think with dread of what would happen at home should a report of their bad behaviour reach the ears of their father or mother. In the first case all the children were happy, and in the second case none of them were happy, yet both times the teacher had said the class was dismissed from the school room for the day.

Take another instance. Your mother might say, just as you were going to bed at night, "I am so proud of you, dear, you are a constant source of joy to me." You would go to bed with your

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entire mind and body filled with the wonderful knowledge that your mother was proud and happy because of you.

There is only time in one lesson to touch lightly upon the underlying laws of sound and the vibration of speech, but I hope it will show you how to think a little deeper along these lines than you did before.

Do you realize that all the kingdoms of the earth below you—the animals, the birds, the fishes, and the vegetables—have no real language, either spoken or written, as you have? The cow can only utter one or two sounds, and those very limited. The dog has a few more; he can bark, whine, and yelp. The cat also has the same limited range of sound, for it can only purr, and mew, spit and yowl.

The vegetable world is much worse off, for it is silent, so far as we can tell, except when the wind blows against a tree or tall plant; while the mineral world has to have outside help in order to produce sound. The birds have the greatest ability of all natural life to utter sounds, for they have the power to sing beautiful songs. Even the common hen tries to sing, every time she lays an egg.



But just think of all the sounds you can make! You can sing, laugh, cry, talk, and scream; and in talking think how many different words you can say. You have **speech** (or, as we call it, **sound vibration**) upon almost an unlimited scale. More than that, the

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voice of each person differs from every other, so that you can always tell who is talking to you, even though you cannot see the face. In nature no two voices are exactly alike. What causes this difference? I will try to tell you.

The sounds we utter all come from the vocal cords which make speech possible to us. And these vocal cords are attuned to the **personal note** in each human body, so that they must express the tones of that one body and no other.

Now you know that the state of thought differs in each person, and that the rate of light and love differs also in each person,—that some people are very intelligent and others dull. So of course all these things affect the human voice. In a highly cultured human being the voice will show culture and refinement in its tone, while in a coarse person the very tone carries antagonism to all who come within its range. We do not like the sound of it.

On the other hand we are always inclined favorably toward persons with a beautiful voice, that is, we feel that we like them. Again some people's voices rasp on our nervous system until at the end of an hour spent with them we are nervous and tired out, and feel like having a good long rest.

This brings us to the conclusion that the human speaking voice does in a measure represent the real personality of the person. In fact the **voice is the most powerful thing we possess** to control others, and to influence all who come under our attention.

In you and all other children there is this note of vibration, which is made up of the entire personality, in so far as you can express yourself, and this note is often more fully given out in the voice than in the eyes, the hands, or all the rest of the body. This **tone can be changed** according to your desire, even as we changed the gum a few lessons ago.

You know that if you stretch an elastic band with your fingers and snap it, it gives out a musical note, and that the sound varies

according as you stretch the elastic out thin or let it relax to its original thickness. You know also that the sound upon the elastic band is made by the vibration, as you snap it and stretch it at the same time. You can even see the vibration, or motion.

This is just what takes place in you when you speak. The vibration of your thought and energy, playing upon your vocal cords and your nervous system, causes your voice to take a certain pitch, while the actual **sound is produced by the bones** in your body, which act as sounding-boards.

In the bodies of some children and grown-ups the nervous system is gross (or slow) and the bones dense; this gives a dull heavy voice. In others the nerves are finely attuned and delicate, and the bones are able to respond easily. This will produce a voice of a pleasant harmonious nature.

While in still others the nervous system has been fined down (or made more sensitive) through pain, worry, or sudden illness, but the bones have remained heavy, so that they do not respond to the sensitiveness of the nerves. The result is a thin, querulous wavering tone, which is very unpleasant to hear.

Your organs of speech are of such a nature that they will respond to all real changes in your body, and yet retain the tone that was given you when you were born. Just as the musical note of middle C would sound different on a piano, saxophone, or violin; but they would all be middle C.

Your **voice should respond to your mind**, and your mind rules your thought forms. But very often your actual physical body, with its nerves, bones, blood, etc., acts as the direct agent or leader, and plays upon your voice even more than your thoughts do, unless you try to control your voice through your mind. Then of course your mind takes precedence over your body and makes it obey.

I will try to say it in another way. You know when you feel like crying, your voice sounds trembly; if you are angry it at once grows



loud and harsh. If you are teasing for something it becomes whining, and if you are happy it sounds like singing. You see, your body and your feelings will control your voice all the time if you let them.

But when you are older you can learn to control your voice by **your mind**, so that if you should be angry your voice would not sound angry, it would still be soft and quiet. Or if you wanted to cry, no one would know it by your voice, because you had made up your mind that you would not let your voice tremble.

The reason you can control it is because your voice is but **energy taking form in sound**. You can prove this by placing very fine sand in a thin layer on the head of a small drum, and then speaking distinctly close to it. You will find that the sounds of the spoken words will produce a disturbance of the sand, showing plainly that it was affected by the tones. Certain words will even take the form of lines, dots, and even flowers.

So you have in your body **energy, form, and sound**; and even these three are but a few of the wonders to be found within yourself. This lesson on sound should make you very careful to watch your voice, and see that it speaks only pleasant loving words, and brings



happiness rather than sorrow. Try daily to express in the tones of your voice the light and love that have their source in the Mountain

of G. For this Mountain, as it is represented here, is the symbol of the spirit of God the Father.

You can readily see that all your bodily forces and mind will respond with greater strength and beauty if you are very careful to keep this light and love in your inmost self pure and clean. You should never go to bed and permit yourself to go to sleep after a day when you know you have been selfish, without thinking of God and His loving goodness toward all His children, and making up your mind that tomorrow you will try to make others happy as well as yourself.

A long long time ago, as I have already told you, before men entered the Land of D and forgot the path back to the Mountain of G, they could do as the angels of God have the power to do—they could **create without planting seeds**. They were able to create just by the use of **sound vibrations**, as the angels now have the ability to speak the true creative Word of God.

But that was a long time ago, and people, through their neglect, have so coarsened their powers that their word is no longer the true Word of God. The difference is this: The Word of God takes its tone value from the true source of light and energy of the airy spirit, the same light and love that is located on the Mountain of G. And man's word takes its form and energy mostly from the grossest of the four elements, the earth spirit.

Thus man has to create by using the grosser elements, while God's Word has the One Substance in it, in all its purity, and this controls all the elements. For the elements are now weakened by the many mixtures, and the low quality of the minds which made them.

I want you to fully understand that even though most people have forgotten the path, everybody who is a true pupil of God's Son Jesus Christ may discover the way back to the light and love of God. If we wish we may use the perfected laws governing the



minds of the angels, rather than the imperfect laws which rule the ones who have forgotten, who do not know the true path, and do not believe that Jesus can help us break through the hard crust of our earthly nature, so that we can see the light from the Mountain.

In the next series of lessons, when you understand more fully the laws that govern both yourself and nature, we shall turn to the life and teachings of Jesus and learn in what manner He taught us the law which reveals the path back to God. But you will be better able to understand Jesus if you first study God's universe and the elements which rule the lower Land of D, the middle elements of O, and the unchangeable ones of G. That is why these lessons come first.

You know already that the love energy and the light messengers of God, who work constantly in the service of all mankind, will gladly assist you in the daily problems of life, as long as you work in loving kindness toward all.\*

And you also know that the love energy within each person comes out in a different way—that **each one has a particular note of vibration** different from everybody else; and that we must try to let it sound clear and sweet, no matter whether we are happy or unhappy, tired or rested.

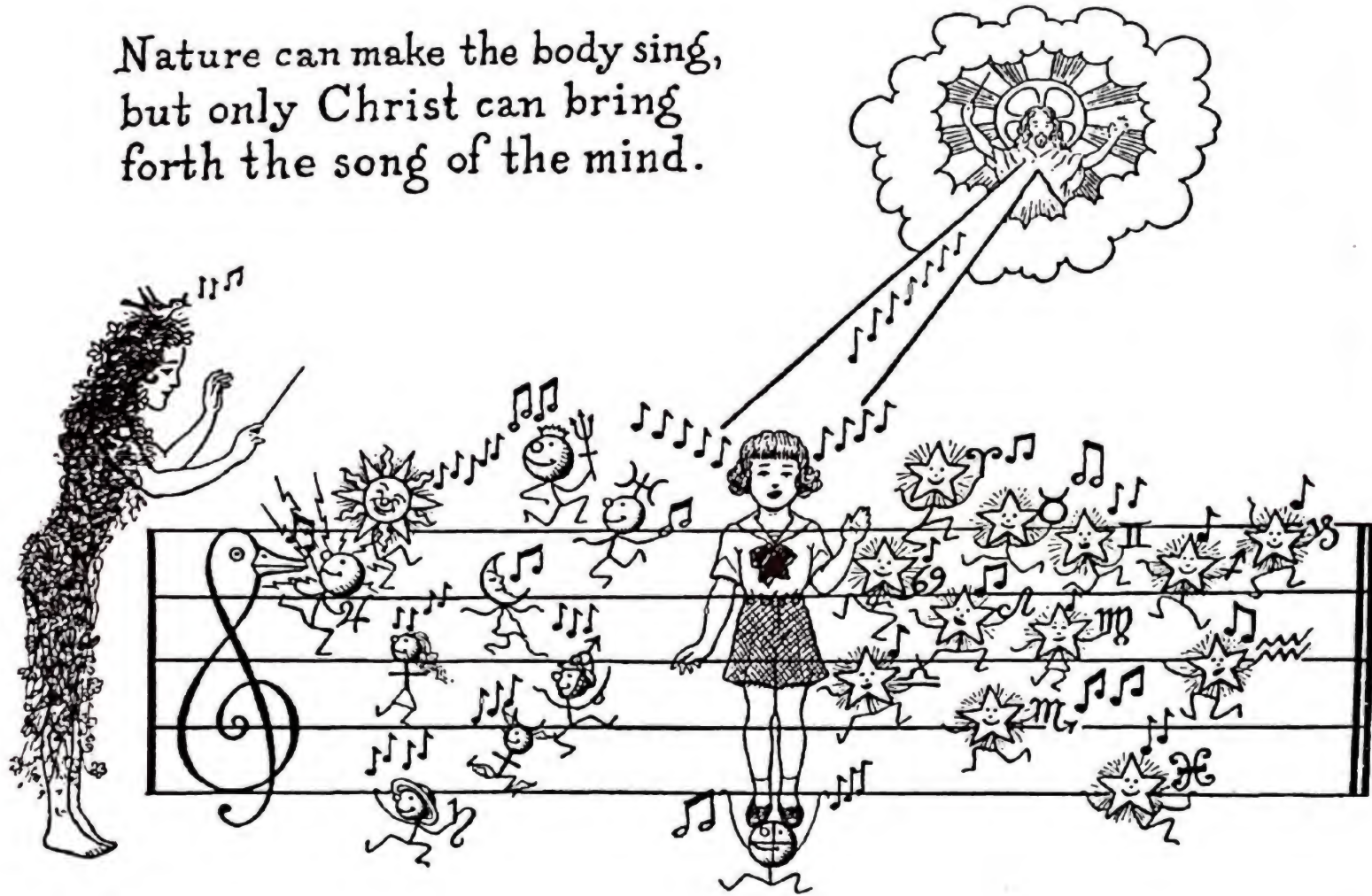
Try to listen carefully to the voices of all the people around you, and your own as well, and see if you can tell whether the tone of each voice expresses the personality of its owner, and whether it sounds clear, or gets all out of tune when the people are tired or sad.

Besides this outer voice that you have, there is within you another, which is commonly called the **still small voice of the soul**, just as we found that you possessed two minds, one the outer mind and the other the inner mind.

Have you not noticed, when you are quiet sometimes, a tiny voice without any outward sound, that speaks quite distinctly to you?

\*See Appendix, Note 18.

Nature can make the body sing,  
but only Christ can bring  
forth the song of the mind.





Perhaps you were on your way out to play and the small voice said, "You didn't put away those things mother asked you to," and you answered, "I don't care, I am not going to bother now." And haven't you noticed that there was no further reply on the part of the small voice?

That **voice of the soul never lies**, never enters into an argument with you, and only speaks when the outer mind is busy outside the body, or very still. Then you will hear it.

What causes the voice, when there is no sound vibration of the vocal organs? This is the true light, which has the energy of God's true love in it, and has the power to manifest on the plane of mind in thought form, emotions, and even sound values which bring words to the inner ears.

What a pity it is that any one should forget a light so marvelous that it has the power to overcome all the earth-bound laws, to speak without vocal organs, and to see without the use of eyes!

And yet we keep turning away from this glorious light and are content to grope about in the darkness of our own little minds, forgetting that we could see clearly if we would only make the effort. It is just as foolish as if we should go about in the house during the day with the shades pulled down and the lamps lighted, when the sun was shining brilliantly outside.

How wonderful it would be if you could help other people to find the Mountain of G once more, just as you are doing now!

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## EXERCISE

1. Repeat any of the former exercises, as desired.
2. Do the spiritual exercise, the "I want ——."

## QUESTIONS

1. Name some of the wonders that are to be found within every boy and girl.  
*Ans.* Light, love, two minds, thought forms, a voice with sound, and a voice without sound.
2. What takes place when one of the family speaks harshly?  
*Ans.* All are disturbed.
3. Have the animal, vegetable, or mineral kingdoms speech?  
*Ans.* Only in a very limited degree can they express sounds.
4. What should we do after a selfish day?  
*Ans.* Determine that tomorrow we will act unselfishly.
5. What does the still small voice denote?  
*Ans.* That it receives its power direct from the Mountain of G.
6. What governs all the laws of the elements?  
*Ans.* The One Substance of God.
7. Can we contact the angels of light in anger or selfishly?  
*Ans.* No, the angels of light respond only to love.
8. Why are we studying the laws of God's universe first?  
*Ans.* In order to better understand the life of Jesus and His teachings.
9. Does the still small voice in man always speak the truth?  
*Ans.* Yes, if we listen carefully.
10. What takes place when we do not listen carefully?  
*Ans.* The outer mind disregards the still small voice.



## LESSON 11

### COLOR AND ITS BEAUTY

Did you ever stop to think about color, and its relation to all nature as well as yourself? Everything you see about you has a color. What causes it? Why does the earth bring forth in color as well as in form? Does the color come from the earth?

No, not entirely. The earth does seem to bring forth one universal color, which is green, as we see in the grass, plants, and all growing things. But this color is not due to the earth alone, for of itself the **earth has not the power to bring forth color**; it must have the aid of the **sun's rays**, either directly or indirectly.

If a seed is planted in a completely dark place there will be but little color in the sprouting plant. It will be almost white, and even what green there is will be of a sickly nature, showing clearly that the green must be a force coming from the sun, or as we say, a solar force; and that the only bit of solar force the plant has been able to imbibe has come from the earth, and was inherent in the earth. It did not come direct from the solar rays, because the little plant has always been in the dark.

But then how about the other colors in flowers? A weed or plant may have a blossom that is radiant in color, besides its green leaves and green stock. Why is this?

Before explaining I shall ask you to think of a beautiful sunset and its radiant colors: pink, purple, golden, and all the colors of the spectrum. These colors come from the rays of the sun shining through the earth's atmosphere, that is, the air you breathe. Without those two things the colors could not be there. Let us see why.

Atmosphere is made up of two things, and both come from the earth, for you may be surprised to know that our earth is constantly

throwing off an oily vapor and also a gaseous substance. These remain in a dense form about the earth; and the sun, shining through this dense vapor, reflects in it the various colors according to the nature of the vaporous gas that is constantly escaping. If the vapor is of one sort the sun will turn it pink; if of another, the sun will turn it yellow, and so on.

Of course you know that the sun gives our earth and the other planets light and heat, but do you know that it takes something away for its own use in return?

As the sun comes in contact with our earth and various other planets, it **gives us an elemental astral light** and the chemical action of **heat**. And in return our earth and the other planets **give to the sun its undying energy**, or the fuel for its fire, by yielding up to it their escaping poisonous gases. For it is strange, but what is poison to earth and earth people, the sun thrives upon. The sun could not live without the planets, any more than the planets could live without the sun.

If you have never done so, notice how a ray of sunlight shining upon a drop of water will sometimes bring out colors in it; dew on the grass in the morning will give you a good example of what I mean. Why do the colors show more then than they do on wet grass at noon?

Because the sun, both in the morning and late afternoon, is shining slantwise on the earth, and that is the best time to see not only the colors of the spectrum in the drop of dew, but the colors of the atmosphere as well. That is why you can see color in the sky at sunrise and sunset, but not in the middle of the day.

In every seed is hidden the **life force**, and the various **elements** in their mixed form, that will be contained in the full grown plant itself, and this is why the blossom of a plant or weed brings forth, in its color and form, the nature of the element inherent within it.

It is in reality the color of the **burning gas in the flower**, combined



with the sun's rays shining upon its moisture. This becomes fixed, or lasting in nature, instead of fading quickly like the sunset; and we think of it as a color belonging to the flower, when it is but the language of the nature of the plant.

Thus a red rose says plainly, "My nature is of the fiery element enclosed in the One Substance of God," while a blue flower says, "Look, my nature is of the air, rather than the earth." Again a purple flower says, "I am a mixture of earthly red and heaven's own blue. These two have come to a harmonious agreement in me, and so I wear a purple garment, thus showing I am in nature both heavenly and earthly." While the yellow flower says, "I am of the sun itself, and I show its power to quicken the will, for I am yellow, and yellow is a mental color."

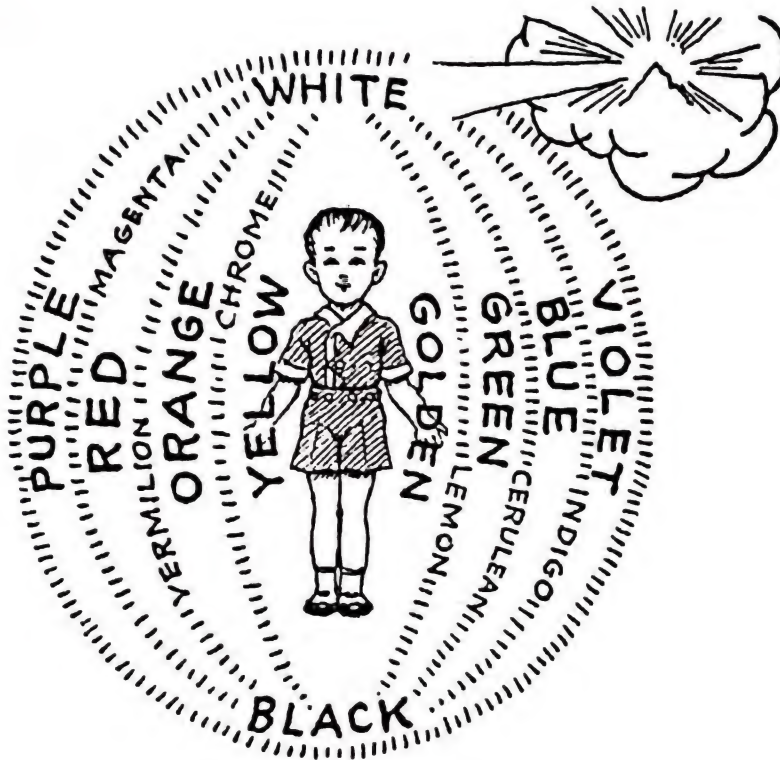
Whatever the element is that predominates, its nature will influence the flower to take on that color, for the oily moisture of the flower and its gaseous substances will have in them the dominating elements that control the color.

**The light of the sun is sevenfold**, having three heavenly colors and four earthly colors; and so in each ray are all the seven colors that are visible to us. And although the flower has the possibility within it of all the colors, some of them will be stronger than others; and whatever way the nature of the flower leans most, the light of the sun responds in that way, and brings out that color.

Thus to the flower whose inherent nature or element is blue, the sun gives a blue nature in the ray of light shining upon it. This shows that the sun will not oppose the nature of the plant, but will lend his aid in bringing out that nature, until it becomes visible in material form and color, for all to see.

If this sounds a little complicated to you, let me try to say it in another way. The white rays of light have seven distinct colors in each ray. And each plant in the world has one or more of these colors inherent or hidden in it. As a result the sun, as it shines

upon the elemental nature enclosed in the blossom, brings out in color form the predominant nature of the plant itself.



As I said, this is true of all growing things in nature, and **it is also true of people**, yourself and everybody else. People as well as plants also have all the colors of the spectrum inherent within them, and if you could see with the clearer vision of the inner sight, you would see each boy, girl, man, or woman surrounded by a globe of colors, shaped like an egg.

These are the colors which are related to your elemental nature, or the part of you that is made up of the elements earth, water, fire, and air. In other words, your outer and physical body, or what is called the Land of D in the story of the threefold nature of God and man.

These colors all belong to the outer one of the three circles,



because the middle circle (the Land of O) which is the soul, has still other colors, while the central spirit (the Mountain of G) has the pure white light. And it is this white light, located at the very center of the divine soul (the Mountain top) which shines through O clear out to D, and causes the seven colors of the outer globe to shine so that the inner vision can see them.

For the physical rays of the material sunlight, the rays that you see and feel and which bring out the colors of the plants, flowers, and trees, and your own outer body,—these rays are too gross, **they cannot penetrate far enough to reach the soul mind**; just as a candle light cannot penetrate as far as an electric light. Just so, it takes a finer, higher light than our planet sun is capable of giving, to make the colors shine in egg shaped form all around you. And this is the white light coming from the Mountain of G, where all earthly light has its source.

Even colors have high lights and low lights, for there is light blue and dark blue, light red and dark red, light green and dark green, and so on all through the spectrum. This shows again that even in colors the power of light is in control to a great extent, making all the different shades in the same color. In the dark blue flower, the element in the flower is in control of the sunlight, while in the light blue one the white light of the sun is in control of the element.

In each boy and girl there is a **seed of God**, or tiny Mountain of G like the vast Mountain of God, and this tiny Mountain has just the same nature, the same love, and the same light, as God has. The picture story of the spiral road was to show you how one form of light and love lives within another, and has a finer vibration; and that one within still another, and so on, into the very central source of all love and light, which we call God.

But you know that even the outer Land of D and its coarser light and love belong to God, and are a part of God, just as well as the white light at the central source. You know that all is of God, that

God is in every particle of dust that blows, because the One Substance is in all matter as well as all spirit.

You know also by the lesson on how thoughts take form, that even your **thoughts take on color**, and you have learned in this lesson that the color would not be possible if we had only our own sun shining outwardly upon us. There must be a greater light behind the sun.

So you know that another of the wonders to be found within you is a **central source of light**, which is, to the part of you that you cannot see, what the outer sun is to your physical nature, or the part that you can see.

The soul within your body, being in the middle, can reach both ways, and so deal direct with the angelic force of the spirit, as well as with your outer body. Just as in the story the children, after they had left the Land of D and reached the Land of O, were able to meet the angels there and go with them to the Mountain.

So you find that the wonders within you belong mostly to the **soul, which is in the middle**, and that they have their source in the central spirit within the highest nature of the soul. Thus when they come in contact with your outer mind and body they will cause you to reflect the intelligence of the light within.

You must know that God, from whom all people and all nature spring, is **pure intelligence**, and when we can tune in with this limitless intelligence, so that it is transferred to us, it enables us to understand the many varying forms of energy and light which are in the material world about us.

The secrets of the universe can be known in no other way. You may read in books what others have found out by seeking the true light, but only the light itself can teach you direct. And all the books in the world are but to aid you to begin the journey toward the central intelligence, which in turn will give you universal knowledge.



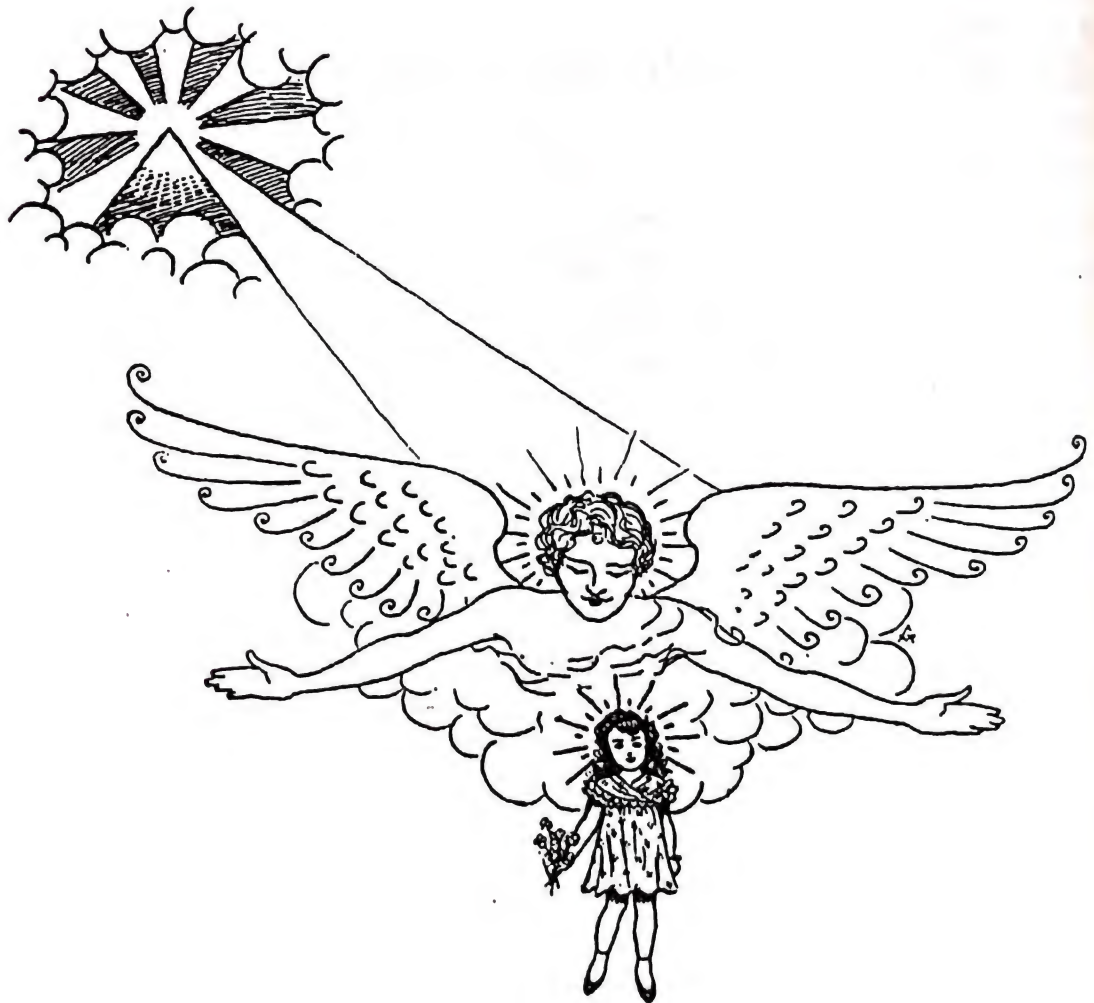
Let us review some of the wonders to be found within you.  
First there is love, coupled with light and life.

Next mind in thought form.

Next the power of love and light as energy, or life force.

And the one we have studied in this lesson, which is color.

By these lessons on form, sound, color, and energy you can see  
upon what true laws the exercise is based which you are practising  
each day, and which we call the Wanting Exercise.



I am sure you are beginning now to see the wonders within yourself, and to realize that these wonders are the **reflected glory of God in you**. You are a child of God just as the angels are, who have not descended into material form, and so you must do your very best each day to try and express the love of God rather than love of yourself.

You can best do this by loving everybody and showing kindness toward them, for by expressing love outwardly toward others you can cause the love at the very source of your soul to shine out. And the result is that you bring happiness wherever you are to those about you, causing them to desire the same love you are expressing, and then they also will seek the central source of love, just as you are doing, in order to express it like you.

So you will aid a little in helping the work of God's angels to go on faster in mankind, for material and visible things are all resting upon the true foundation of the great Mountain of G, the central source of all the love and light of God that we know.

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### EXERCISE

*(For this color exercise put to music, stand as usual. Have on the black-board or a sheet of paper round disks of the seven colors of the spectrum in their order, i.e., red, orange, yellow, green, blue, indigo, violet.)*

1. Look at these colors until you are somewhat familiar with them and know their names.
2. During the count of 1, 2, 3, 4, 5, 6, fasten the attention on red. Then swing to orange and hold for the next count of 1, 2, 3, 4, 5, 6. Then swing to yellow for the next six counts, and so on through all seven colors.
3. Repeat this exercise three times.
4. Close the eyes and visualize the colors mentally, as you swing through the seven as before.
5. Repeat this exercise also three times.
6. When seated and quiet do the spiritual exercise, the "I want——."



## QUESTIONS

1. How many colors in the spectrum?  
*Ans.* Seven.
2. How many colors are there in a single ray of sunlight?  
*Ans.* All the seven colors of the spectrum.
3. What part of the plant denotes what element controls it?  
*Ans.* The blossom.
4. Name the three wonders you have found within, as taught in the last three lessons.  
*Ans.* Form, sound, and color.
5. Are these three closely related to the mind of children and nature?  
*Ans.* They begin in the mind and become visible through the material nature.
6. What color is the light that has its source in the Mountain of G?  
*Ans.* White.
7. In what manner does this white light affect this material world?  
*Ans.* It controls the material.
8. Why does it control the material world?  
*Ans.* Because all material light has its source in the pure white light.
9. Has each boy and girl all the colors of the spectrum?  
*Ans.* Yes.
10. Where are these colors located?  
*Ans.* In an egg shaped globe surrounding the body.

## LESSON 12

### NUMBER AND ITS RELATION TO PEOPLE

In this lesson we shall take up another of the wonders to be found within you besides form, sound, and color. This wonder is called **number**, and it is the power by which all the other three are governed.

Very little has been said so far about vibration or number, and how it controls, regulates, and affects the entire universe. But it is so important that there are many scientists who tell us that all form, sound, color, and manifestation of every sort we see are but the result of vibration.

This is in part true and in part wrong. They do not take into consideration the fact that **some power must keep the vibration going**. It is the One Substance, backed by God, that controls all vibration; and all elemental forms and energy take their numerical value from this Substance.

People are apt to think that all substance is entirely passive until number enters into it and takes hold of it. This is not so; the One Substance of God has all things enclosed in it from the beginning, for it was formed by God, and His will is ever back of it and so controls all its activity.

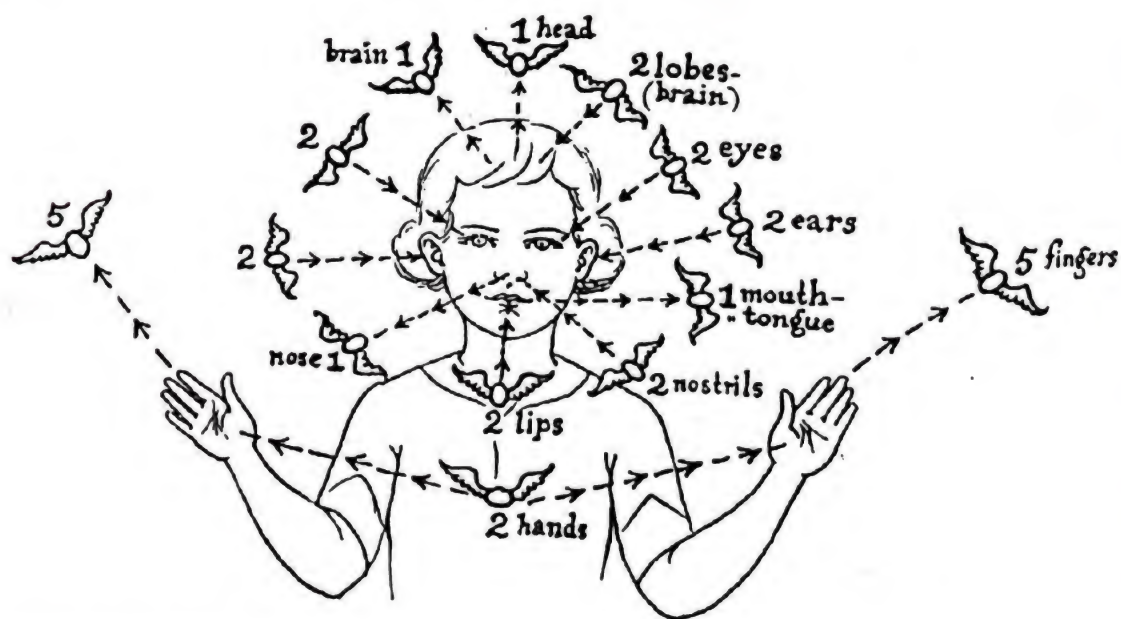
Let us study number from the point of view of your physical body. All the members of your body are numbered. You have one head, two hands, one nose, one mouth, ten fingers, ten toes, and so on. Even the hairs that cover your entire body are numbered, and each number affects the part it animates. For instance, your hand is controlled by the numbers 5 and 10, as there are five fingers on each hand and ten in all. Your feet also come under the dominion of 5 and 10.



**Each number has a separate form, sound, and color** of its own, so it must denote a separate personality of its own. Yet it must yield to the control of one or more of the four elemental divisions of the One Substance that make up your body, and you know that they are earth, water, fire, and air.

But although the material body has **four main elements** in it, it has **five kinds of energy**: one related to earth, one to water, one to fire, one to air, and another called **etheric**. The etheric is a mixture of all that is purest in the first four, and it goes to make up etheric space. When we get beyond these five energies we go beyond the material body into the soul and its activity.

All numbers are divided into two kinds, odd and even. The odd numbers are called **masculine or positive** numbers, as 1, 3, 5, 7, 9; and the even numbers are **feminine or negative** numbers, as 2, 4, 6, 8.



This tells us a great deal when we relate them to the parts of the material body. You have one mouth, so it is related to the number

1, and is positive. Your two eyes are related to the number 2, which is negative. Your five fingers are related to the number 5, which is positive in nature. And your two ears are related to number 2, so they are negative in nature.

These are but a few examples, but let us take these few and study them. The mouth is positive rather than negative, because it creates; it puts thoughts into forms of speech, and it controls the amount of speech that shall come forth from it. You cannot talk if your mouth is closed, any more than you can eat if your mouth is closed.

Two eyes. Your eyes are receptive in nature, for they are always receiving impressions thrown upon the retina, whether that impression is from without or from within. Because you know you can see ever so many things when your eyes are closed that you cannot see when they are open.

Your five fingers are positive because they also create. Think how many things you can make with your hands that were not made before. They love to work. But as there are ten fingers in all they are also receptive. Think how many things your hands take, that people give you. But almost all the time they are active, and only by their activity, or the things they do, can we get response from them.

Your two ears are passive and so are negative in their nature. They always receive first, then give to the mind the sounds they hear.

So it is, all through the body—you will find that this law never varies. The even number denotes the passive or negative feminine nature, and the odd number denotes the active or positive masculine nature. So you see that you are both odd and even, you are two people, or what we call a **dual personality**. And number controls your dual personality throughout the universe, in both kingdoms of God, the earthly and the heavenly.



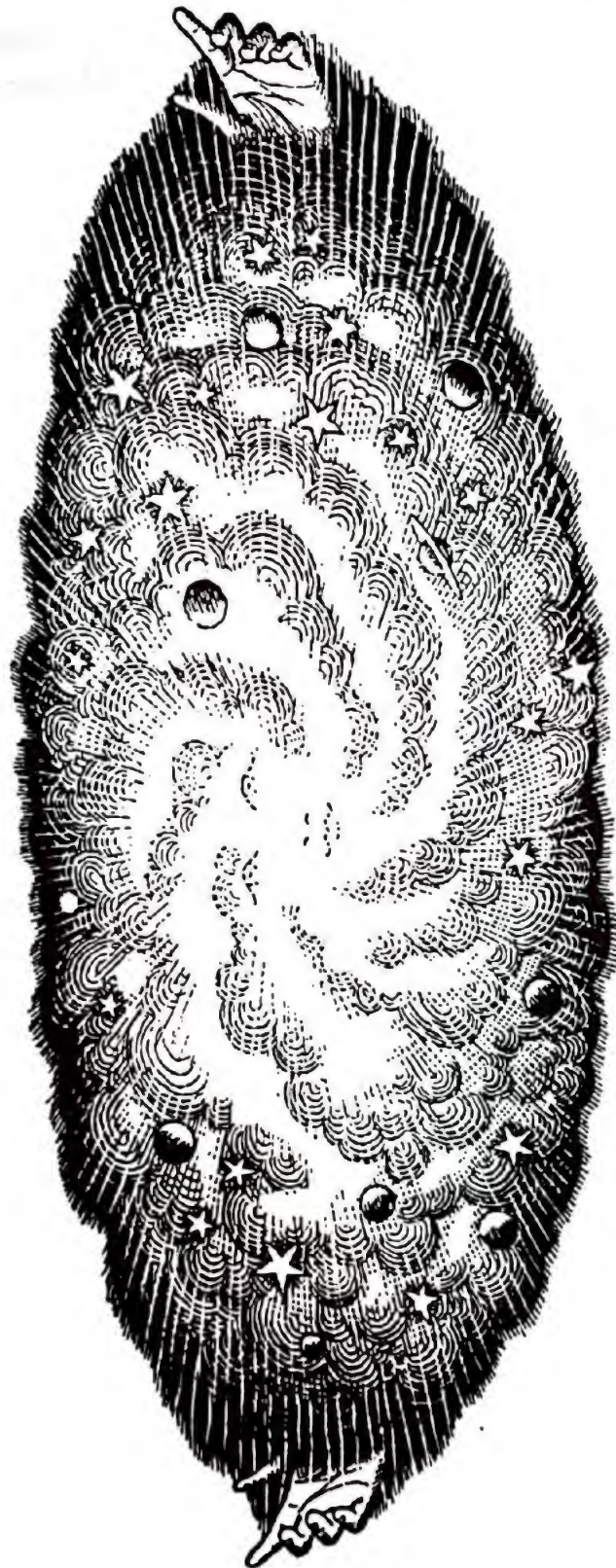
You know that you have five outer senses, namely: seeing, hearing, smelling, tasting, and feeling; and that these five go to make up the outer body. All that your body knows, it has to learn through one of these senses. But although many people think these are all you have, it is not true, for the inner soul has five more senses of its own, corresponding to the first five, only you do not know how to use them yet. The inner soul also has other attributes which you will learn more about in later lessons.

When you are talking, or putting your thoughts into speech, notice how necessary number is in order to be understood. If you say, "A man rode slowly by," we know at once that you mean one man. But if you had said, "Men were riding slowly by," we should not know how many men there were, we only know that more than one man was riding by. Again if you say, "A large flock of birds is flying over the house," we at once understand that there must have been more than five or even ten birds, because five or ten would not make a large flock. We do know that only one house was meant.

Even when we think within our inmost selves, our thought carefully uses number. If our thoughts are of God we think of one single Being, but having a spirit so vast that He encompasses the entire universe. So here we have the one number of God and a vast number for the universe, both joined in one thought form.

These simple explanations will serve to show you that all things are numbered. Even our thoughts move in waves of various lengths, which are controlled by **vibration in number**. That is, the waves in the thought are all a certain distance apart, and they are all moving at a certain rate of speed.

**Light always moves in numbered vibrations.** Scientists can even tell how long it takes a ray of light from the most distant star to reach the earth, for the rate at which light travels can be measured. But the vibration or **rate of love is so rapid that no one can measure**





it. The feeling of love causes a vibration or number that exalts the entire body and mind; that is, makes them vibrate faster than they did before.

All the elements use number. In fact number is the great servant of God, which is at work everywhere and all the time, carrying out the commands of both God and man throughout all nature.

These last four lessons on form, sound, color, and number will form the basis for many of your later studies, and this first series of eighteen lessons has been planned with just this in mind, that you may have a firm foundation to build upon in the next series. In the next lesson we are going to take up a new subject, and so before going on, let us review some of the things you have learned so far.

You have found out that God is a living reality in both principle and personality, and that He created the universe out of the One Substance.

That this One Substance has been divided into many grades which we call elements, but that the first division was into four parts: earth, water, fire, and air.

That light is the chief substance, and love the chief force, that can best convey to our minds this One Substance of God's life force.

You have found out that man is threefold in nature; that the outer man is the body which we called **D**; the inner man the soul or Land of **O**; and that these two have an animating spirit which in the story was called the Mountain of **G**.

In the same way God's entire universe is threefold: outer and inner, with a vibrant central spirit permeating all things, yet retaining its own central apex.

You have learned that God is everywhere and in all things as well as all people; that you can easily make use of the divine light, and that the result will be a better mind, a stronger and more loving nature, and a better and quicker understanding of all your daily problems.



You have found that God's beloved Son Jesus Christ came to earth to show mankind this path of light and love, which leads straight to the spirit of God within both ourselves and the universe.

You have learned that thoughts are the instrument and servant of your mind, and that your thoughts can take on form, sound, color, and number.

And best of all, you have learned in these twelve lessons that although this scheme of power is so vast, yet it fits comfortably and easily into the daily life at home and in the school room.

So you have learned much about the beauties of God's universe, and know now that if beauty is firmly engrafted into your heart, and mind, and desire, while you are yet young, then nothing can affect your after life to any great extent,—neither the darkness which is always present with the light, nor the ugly which comes with the beautiful, nor the unkindness which is mixed with the kindness.

There is one more law which has been touched upon very lightly, and that is, that **all the inventions of earth are not really new at all**, though they seem new to us in the Land of D. They are really but **copies of existing forces** already in use within the heavenly life.

For instance, one of the latest inventions, radio broadcasting, has long been used in the Land of O to inspire the thoughts and hearts of the inner man, for the angels of light act as direct messengers for our inner minds.

Every one is beginning now to realize that even the outer thoughts can be broadcasted from one mind to the minds of other people able to tune in with the sender, and this outer broadcasting of our everyday thoughts has long been perfected by the inner mind. So all the things we call new inventions are new only to the Land of D. To the Land of O they are old.

You will find as you advance, that although many subjects have been touched upon, they are all parts of just one big subject, and



they all rest upon one law. So by speaking constantly of their basic principles, that is, the laws upon which they rest, you will become accustomed to the one law underneath the many laws.

For there is just One Great Law working in the One Great Substance. Although the One Substance has many divisions, yet it ever follows the One Law of God in all its multiple ways.\*

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### EXERCISE

1. Repeat the last exercise, but reverse the order, beginning with violet and ending with red.
2. Spiritual exercise.

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### QUESTIONS

1. Why is number so important?  
*Ans.* Because it controls the entire universe.
2. What controls vibration?  
*Ans.* The One Substance backed by God.
3. How many kinds of energy are there?  
*Ans.* Five. One related to earth, one to water, one to fire, one to air, and another called etheric.
4. What is etheric energy?  
*Ans.* A mixture of all that is purest in the other four.
5. What are the odd and even numbers called?  
*Ans.* Positive and negative.
6. Why are your eyes and ears negative?  
*Ans.* Because they receive impressions.
7. Why is the mouth positive?  
*Ans.* Because it controls speech.
8. Name your five senses.  
*Ans.* Seeing, hearing, smelling, tasting, and feeling.
9. Give some sentences with number in them.
10. Can we tell the vibration of love, as we can of light?  
*Ans.* No, love has such a high vibration that we cannot measure it.

\*See Appendix, Note 14.

## LESSON 13

### THE KINSHIP OF SOULS

You are to study a very interesting subject in this lesson, and that is, the various races of people, and their different ways of finding God and His light messengers. We will try to find out why they should have been put into bodies that are not the same color, and why they should have different religions.

Perhaps you, like so many white boys and girls, have looked upon the colored races as something apart from yourself, and wondered in your heart if not aloud, how the yellow Chinese boy, or the red Indian, or the brown Philippino, or the black African could be just the same inside as you are. You have felt that something in the yellow, brown, red, or black skin was not like your own white skin, and so the difference must go all the way through.

It is true that there is a difference, but not in the way you naturally suppose. Let us take as an example the vegetable world, and consider the variety shown in its highest aspect, which is the kingdom of the trees.

In the forest are many different kinds of trees: the maple, the oak, the fir, the cedar, the elm, and many others. All this seems perfectly natural to you—you take it for granted that they should not be all alike.

You feel perfectly satisfied in the animal kingdom also to see the different animals: the cat, the dog, the birds, the snakes, and the worms, and to find them unlike each other as to form, color, and expression. Yet you intuitively rebel against this same law when it comes to yourself.

It is only when you as a child begin to look at other **children**, formed just as you are in the main but with slight differences as to



features, that you cannot understand why the skins should be unlike yours. It seems as if they could not have the same thoughts as you do when they look so different outside.

If you will go back to the very first lesson about the One Substance, you will remember how you found that although it was a one, still it split up into the four main divisions of earth, water, fire and air. It did not surprise you, did it, to find that they were different, or that these four had many other gradations beyond the four main ones?

And when you realize that the body of each person is composed of the One Substance, then it is not difficult to understand why the pigment (or color) is not alike in all the races. Not even all dirt is the same color. Sand is yellow, clay is gray, plowed fields are brown and sometimes nearly black, and in some places the earth is even red. The same variety exists in the people belonging to different races, and this gives them in one race a black skin, in another a yellow skin, and so on.

You found in the story of the Spiral Road that the flower told its own particular story by its own special color, its form, its perfume, and its expression. And in the Valley of O the angel explained that the soul of each boy and girl came from God.

This being so, is it not reasonable to suppose that boys and girls will show by their form (whether coarse or fine), their color (light or dark), the sound of their voices (pleasant or harsh), and even by the very way in which they look about them, or their expression, which element is strongest in their physical bodies, and how strong the soul inhabiting each body is?

In the sight of God the **souls of all boys and all girls are perfect**, and their task is just to perfect the elements that go to cover those souls, in order that they may return to God clothed in beauty and strength.

By beauty I mean that the elements which will clothe the soul

should be like the flowers and trees in the Valley of O—alive and filled with light. And by strength I mean that the elements should be under good control, so that the boy or girl could always be depended upon.

In the colors of the spectrum grading from darkest red to lightest violet there are many combinations, and they all help to bring the lowest colors in nature up to the highest place, so that they may **begin another life**, finer in expression than that associated with the gross elements of earth.

The highest force that we on this planet know about is that in the sun's rays, and these rays go to make up the nature of all mineral, all vegetable, all animal, and all human life. And the highest expression of this highest force (the sun's energy) is enclosed in the color black, as for instance in carbon. This **black aspect of the solar force came first**, and the labor of man is to work his way up to the opposite pole, the pure white ray, which we found the angels used.

Boys and girls are related to both earth and heaven. To the earth through their body, and to heaven through their soul. This being so, does it seem strange that they should begin, in their bodies, to wear the solar garment in its first and therefore most powerful aspect, that which is commonly called the negro, the colored or black race, which originally sprang from the Ethiopian race?

You must have noticed how happy and full of sunshine are the eyes and dispositions of our little black brothers. They love to dance, to sing, and to play, and all this denotes that in the nature of their bodily covering they are closely related to the sun.

The primitive races of today still worship the first emanations of the sun, and are still clothed in a body which shows his first black fiery ray. This black fire causes the oil which goes to feed the outer skin to have in it a pigment which becomes black when exposed to the light. Black babies are red when first born, and turn black only after exposure to the outer light.



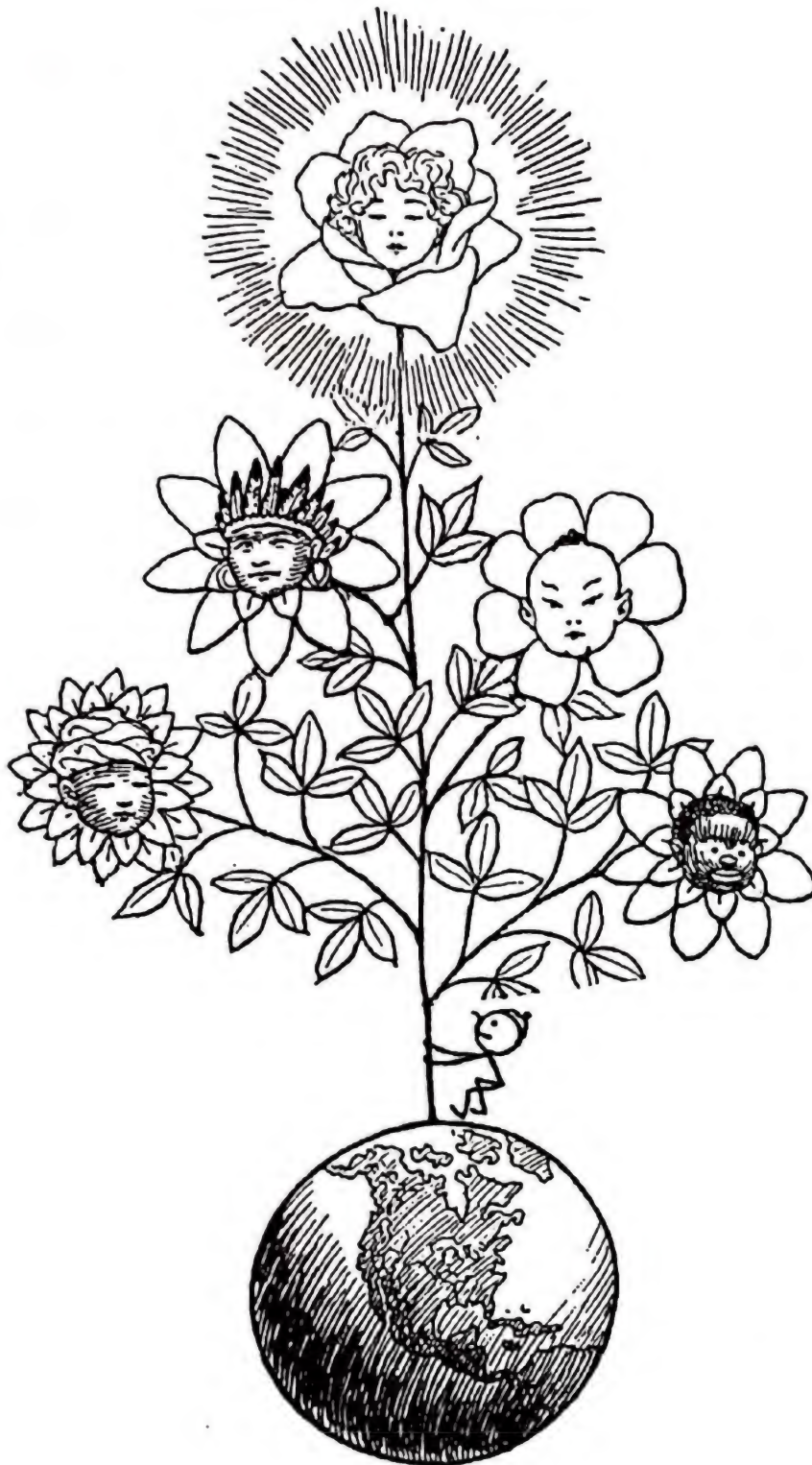
Later on, when you are older and your minds are more comprehensive, you will be able to understand the noble Song of Solomon, where he who is the first nature of the Sun, or Sol-om-on, says, "I am black but very comely," meaning "very lovable." (The word Solomon means "the Sun in its threefold nature of body, soul, and spirit." Sol is body, om is soul, and on is spirit, while the three symbols combined denote "the wisdom of the all-seeing eye of the mind.")

The sun force, when very near to the nature of earth, has its darkest aspect, and therefore colors and influences the elements in the body of the dark skinned races. But they have this advantage over the white race: that they are in the very bosom of nature, and do not have the cares and responsibilities that those races have who are colder in nature (more electric), and therefore are ruled by their mind rather than the warmth of their hearts.

In plainer words, even though other elements may be present and have an important influence, still both the black and brown races, as their dark color shows, are more nearly related to the little brown gnomes (earthly elements) than to any other; the red race to the salamanders (fiery elements); while the yellow and so-called white races, as their lighter color shows, are more nearly related to the water sprites (watery elements).

But in time the denser elements will cease to have such an influence on the bodies of the races, and then there will come into being a race of people related more nearly to the airy elements (sylphs), and it will have at its command the etheric elements also.

**This new race has already begun here in America,** and this air age, called the Aquarian age, will see the perfecting of the new race of boys and girls. Their color will be a pearly white with a rosy glow. They will grow in the grace of their heavenly nature and reap all the benefit of all the races beneath them in point of solar vibration.





Just as in the different grades of elements, so in the grades of force there is first the earth energy, next water, next fire, and lastly air. In the fifth race, of which the Anglo-Saxon race is the correspondent, the coming race will have as an energy the powers of the **etheric** and **ethereal** forces. They will have the energy of the etheric elements in their physical bodies and the forces of the ethereal to use mentally. Thus this race will have both mind and body related to one source, namely, the divine.

Have I made it very clear to you that **in their souls all races are the same**? It is only in bodily energy that they differ. Each soul now in a white body has been in all four of the other races, the black, the brown, the red, and the yellow. This was in order to clothe that soul in all the grades of elemental force. Or let us say: In order to complete the journey, we begin at the bottom of the elements, which is earth and sun, and climb up to the very peak of attainment, or heavenly and celestial existence.

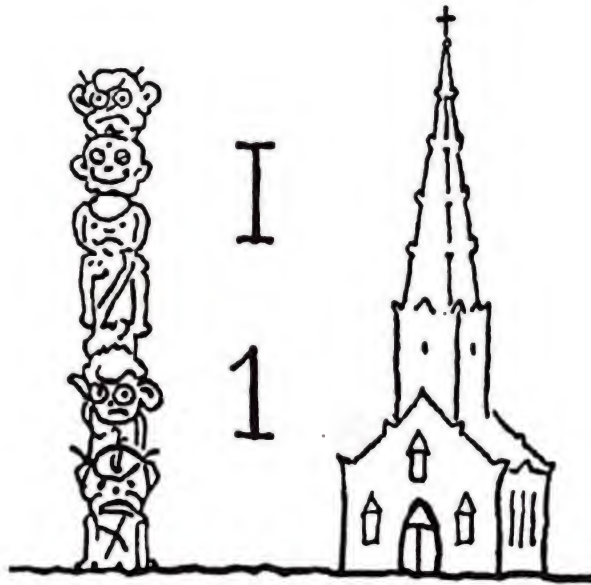
First must come earth and the fiery sun, next water and the sun, next air and the sun. (For the moon and stars are but reflections of the great source of elemental life, the sun.)

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Now we will study in what manner those five races come to know God. (You must understand that individual cases differ, and so I shall speak only of the mass belief or main religion of each race, not the various branches.)

The real primitive race first worshipped the totem pole, which is a high pole decorated with the images seen by their medicine men in their visions. For all races have seen, through the inner eyes of their learned prophets, visions of the gods which they worship, just as you saw blue, and gold, in the exercises which called for breathing the colors.

The totem pole is positive, like the figure 1, and carries out the idea of the positive **downward stroke of the sun force**, which we



found was black in its first emanations as it came into contact with the earth element. This same symbol can still be seen in our church spires.

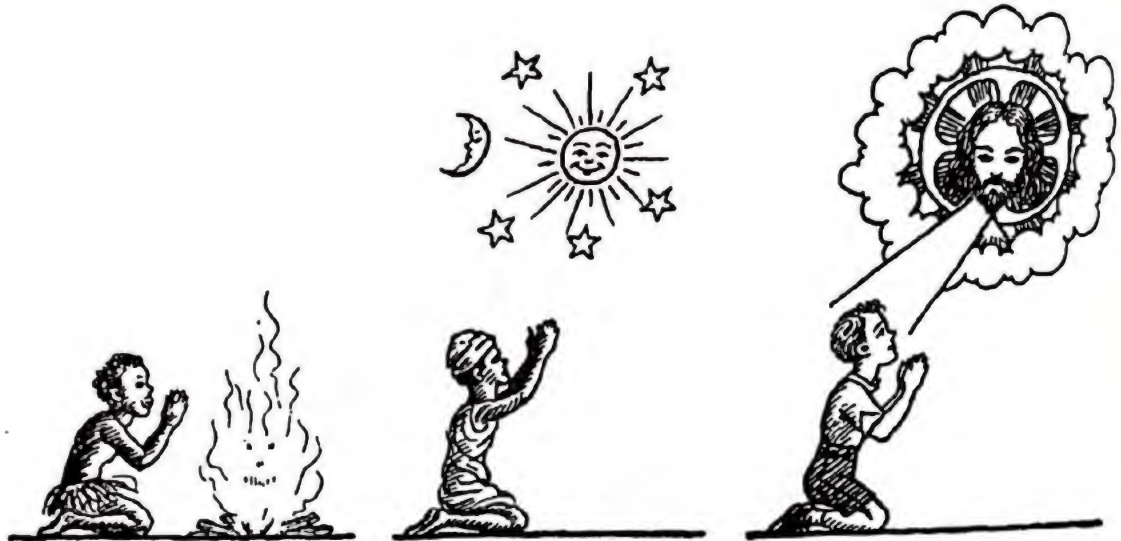
You can see that the primitive people were trying to express their love of God in a perfectly natural manner, expressing as they did the positive first movement depicted in the figure 1. The solar force in its first manifestation, either in a race or its religion, displays the positive force of the sun and the element earth, without the grace of the other elements.

Each race has been given a **different aspect of God to work out** in its religious sense, just as it was given a different color in its skin, and that is why other religions, especially those of the past, seem strange to us and so unlike our own that it is hard to find the truth underneath.

But just as God's Substance splits up into different elements, so does His Spirit appear to us in many aspects, each related to one of



those divisions more than to the others. Some primitive races even worshipped the fire-god, the sun-god, the moon goddess, and so on, up to the worship of Christ the Saviour.



But the **different aspects have kept changing** during the centuries, and each race also has changed its religion somewhat as it emigrated to other countries. So as time went on, people were able to get a better and better conception of God, because He has sent one teacher after another to help us. And now we begin to see that each different aspect is just one more part of One All-pervading Father.

In our next lesson we shall further study the nature of the heavenly force which is enshrined in the power of the soul. The radiant energy of the sun, the shining force of the moon, and the luminous stars all go to clothe the soul and energize it; while the four elements (fire, earth, water, and air) clothe the body and feed it through the food that grows in these elements, and in the negative force of the atmosphere which surrounds the surface of the earth.

## EXERCISE

1. Breathe in slowly a full breath to the count of 1, 2, 3, 4, 5, 6.
2. Hold it during the count of 1, 2, 3, 4, 5, 6, trying meanwhile to see with eyes closed a large round black spot.
3. Exhale slowly to the count of 1, 2, 3, 4, 5, 6, and relax.
4. Breathe normally during the count of 1, 2, 3, 4, 5, 6.
5. Repeat this exercise three times.\*
6. Spiritual exercise.

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QUESTIONS

1. What energy clothes the soul?  
*Ans.* The energy of the sun, moon, stars, and etheric space.
2. Is this energy of heaven?  
*Ans.* Not wholly, for heaven has the light from the Mountain of G, which is the light of God's mind.
3. Is the mind related to heaven?  
*Ans.* Yes.
4. Are all souls of heaven?  
*Ans.* Yes.
5. What did the angels say about souls?  
*Ans.* The divine soul of each boy and girl is of God, and therefore perfect in His sight.
6. What energy clothes the body?  
*Ans.* The energy of the elements.
7. How many races are there?  
*Ans.* Five.
8. What colors are they?  
*Ans.* Black, brown, yellow, red, and white.
9. Are they all related?  
*Ans.* Yes.
10. How do they differ?  
*Ans.* By the action of the solar force working in the elements.

\*See Appendix, Note 15.

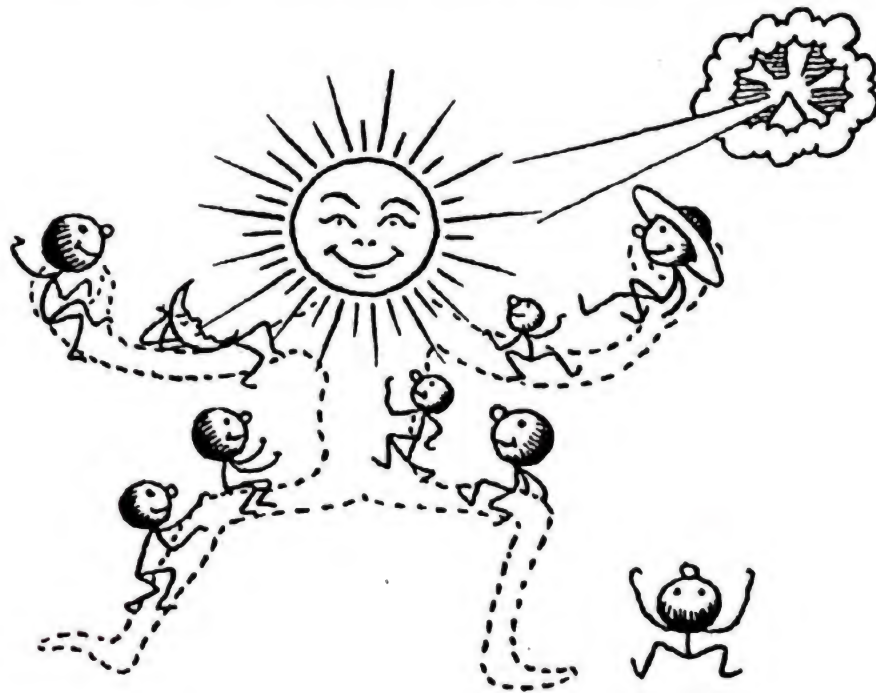


## LESSON 14

### SUN, MOON, STARS, AND SPACE

In this lesson we are to study the nature of the heavenly bodies of our own solar system, that is, the sun, moon, and the stars that fill the boundless etheric space; and learn something about their light and energy. We shall try to see what action these two, light and energy, have upon the bodies of the various races that we talked about in the last lesson: the black, brown, red, yellow, and white.

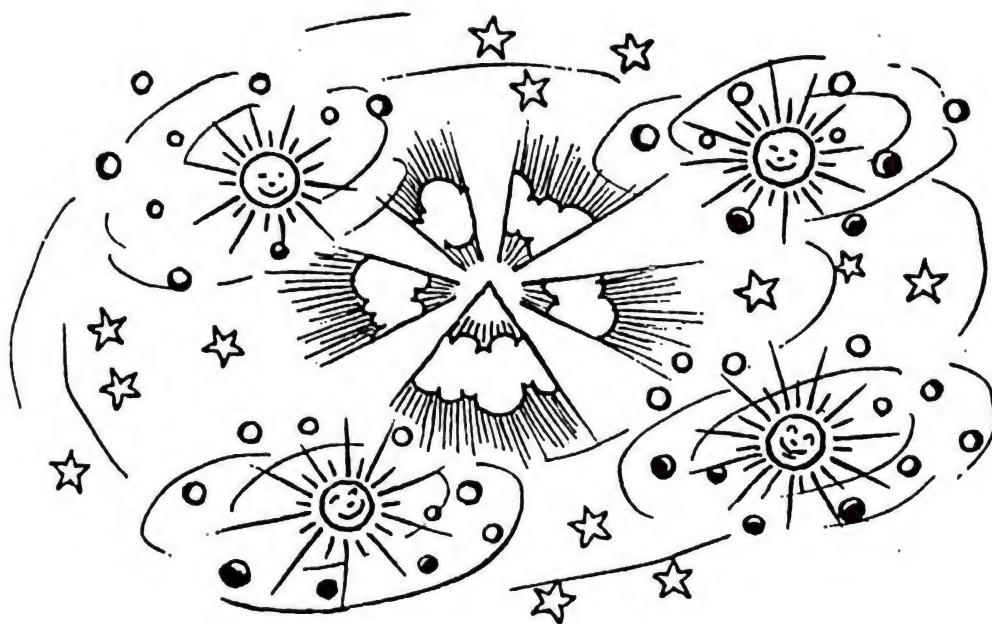
First you must understand that our own planet Earth is a heavenly body to those dwelling upon the other planets. Just as we



look up into the sky and see the moon and stars shining at night, so do **they see our planet Earth shine** when they look up at us—for space in the sky always seems up. This is because the sky is made

of forces much finer in nature than those in the gross bodies of the planets, and we always think of things beyond us as above.

All this shining force in the earth and stars is **soul force**, and all soul force is related to the soul of each boy and girl. You remember that in the Land of O, or the soul land, everything was much finer and lovelier in color than in the Land of D.



If you could look inside the body of another child you would see a shining soul within that body; and the only reason you are not able to look within and see the soul is because your eyes, made of earthly elements, **have not been trained to see**. The force of your soul is still shut up within the physical energy and not permitted to look outward, just as you cannot see out of your windows at home when the shades are drawn down.

You know you have a father, and you are his child. So it is with the heavenly bodies—our Earth is one of the children of the Sun, who is the king of his solar family, and rules them all. And because



of his close relation with God, the Mountain of G is located behind the Sun's outer veil, the sunlight. For this Sun of ours is but one of many Suns, each a servant of God working in nature and keeping the current of universal life force in action.

Without our sun there would be no animal life on this earth. He it is who by his fiery nature causes movement, and movement causes heat. (You know when your hands are cold you can warm them by rubbing them together hard.) And heat causes sustained vibration, which is self-motion and self-heat, (just as, after you have warmed your hands, they will stay warm of their own accord).

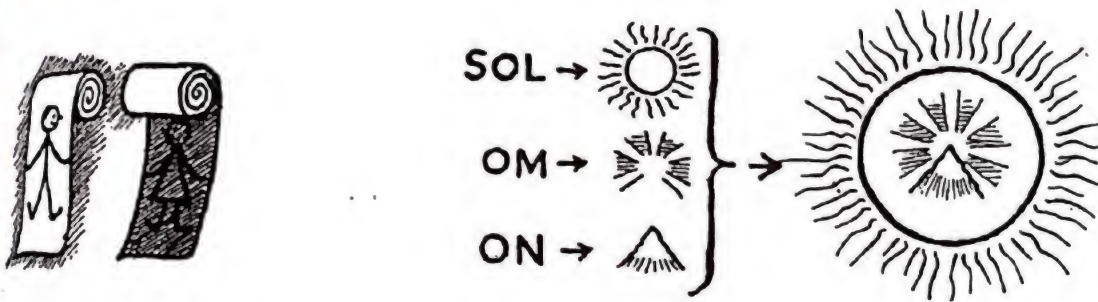
This results in animal life and **animal magnetism**, just as cold often causes the energy called **electricity** to manifest. (Animal magnetism is the warmth and love that you feel coming from some people when you are near them. And electricity causes the spark that you can often make with your finger on a cold day, when you cannot do it in summer.)

Now the positive heat caused by the fiery nature of the sun and his planets, and the negative cold engendered by space, are only the positive and negative energy of electricity—the two opposite parts of the same thing, just as a boy is the opposite of a girl. But just as electricity is caused by the energy of both the positive and negative electrons, so do both the boy and the girl have within themselves the positive and negative currents.

The boy is wearing the positive side of his nature outside in bodily form, while the girl is wearing the negative side of her nature outside in her bodily form. They are like a piece of paper that is blue on one side and pink on the other. If you roll it up one way it looks pink, and if you roll it up the other way it looks blue. It all depends which side is in and which is out.

So the sun is like us after all, because the **sun also has the two currents**, the positive and negative, or the hot and the cold. In the outward and first form of the sun we see and feel the **heat nature**.

But when we go within the sun to the opposite end, or way in to the center, we find a cold still energy called static, so locked that it does not seem to move, just as water is locked up in ice, so that it cannot be poured out in a cup until it is melted.



You remember that in the last lesson it said the name **Sol-om-on** meant "the Sun in its threefold nature of body, soul, and spirit." **Sol** is the body, **om** the soul, and **on** the spirit. So **sol** will stand for the fiery heat side of the sun, and **on** the cold still energy called static, at the other end.

Then there is the sun's nature in a middle plane called **om**, the soul plane. And this energy works both ways, either toward the movement and heat of the bodily nature, or toward the static and cold nature of the dormant spirit.

In the daytime when the sun is up above, we do not see the lesser lights of the atmospheric stars, because of the light shining on the earth's elements, whose grossness will not permit us to see beyond them. But if we could go down into a deep well and look up at the sky, we should see the stars shining quite clearly, because we should then be away from the outer gross atmosphere of the earth, and nearer the inside radiant energy located in its heart.

The reason we do not see the shining part of our earth, as we do of the stars, is because we are too near it, and the vapors which rise as the sun's heat rays beat down upon the earth blind our eyes to its



radiant light. But the colder ether located in the space called the sky permits us at night to see very easily the soul of the planets, shining up there in the dark.

Although the moon and the stars both shine, they are not the same. Moons are burned-out planets, which are fast taking on the negative nature of the cold electric pole, and this causes them to follow the suns and whirl about certain planets. They are held in the vortex of positive emanations.

(That means that a strong planet sets up a sort of whirlpool of power about itself, and the burned-out moon is carried round and round the outer edge of the whirlpool, like our own moon around the earth. The earth is so strong that the moon cannot get away.)

All this study of the planets seems difficult to understand at first, and may not appear to have any relation to the five races and their different religions. But you will find that **soul rules body**, because it is made of finer and more magnetic substance, and the souls of all boys and girls and grown people are influenced by the heavenly or **soul nature of this solar system**.

As man is made in the image of God and expresses Him on the higher and finer plane, so nature expresses Him on the grosser plane, like the one piece of paper that had a pink side and a blue side.

Let us look at the sun in a different way. It is threefold like the name of God, for His name has three letters, **G, O, D**, and the sun has three letters, **S, U, N**. The sun is the manifestation of **God in nature**, just as you are a manifestation of **God in man**.

Just as in each boy and girl we found a body, a soul, and a spirit, so the sun has a body **S**, a soul **U**, and a spirit **N**. But **they go in reverse order**. For man has a cold body, a hot soul, and a vibrating spirit working within; while the sun has a hot body, a cold soul, and a vibrating spirit working within.

Let us take the diamond as an example. It looks cold and shining



and yet it is a pure fire stone, and its basic element is black carbon, like the coal that we burn. But when this black carbon is perfected it becomes the pure white stone. It has worked its way from black carbon full of fiery force, to the pure white ray of the purest crystal known to earth.

This is just what the races upon earth are doing—they take first the black body of fire and gradually bleach it to purest white. And so you see that the black body is just as honorable in the sight of God as the white one, for the diamond could not be white if it had not been black first. And the soul in the black body is just as pure as that in the white body, for each soul comes from the same source.

But the radiant soul energy can function more freely in the mind of the white race, when taken as a whole, though in individual cases black people have brought out the pure mind of the soul and risen in intellect as high as the white. But in such cases those people have had to do more work to achieve their result, and so should be honored the more.

But remember always that the soul part of all the races is the same, and all alike are children of God, beloved by Him equally. The black skinned boys and girls will some day be clothed in white garments or skins; and as you know, each white boy or girl has at some time worn a black body, just as the diamond did. If this were not so, the soul which had not had this experience would have cheated God by not perfecting each element in turn. This same rule holds good with the red, brown, or yellow races.

So you see **each soul has to come back many times into a body**, for there are ever so many grades of colors between black and white. No one life is long enough to do the entire work of perfecting the elements of earth, because each element is threefold in its nature, with other gradations between those three. It took thousands and thousands of years to make the diamond, and it takes thousands and thousands of years to make ourselves like the perfect Image of God.



It is because of this that the soul takes its time about the great work of clothing itself properly in a perfected garment, or body, for that body must have both radiant beauty and great strength. Just to have a strong soul body is not desirable, unless it is accompanied by the living beauty of the finer elements in the Valley of O and the Mountain of G.

The outer body, like the Land of D, is clothed in the first or densest division of the four gross elements. The soul body, like the Valley of O, is clothed in the next division of these same four elements. And the finest body of all, like the Mountain of G, has the radiant light which we call spirit, and which belongs to the mental nature of the four basic elements.

This same law holds good in the laws governing the sun and his family. The hot outer body of his emanations belongs to the four basic elements in their grossest form. The cold soul emanations belong to the elements that we saw in the Valley of O. And the static light-spirit, called the Aurora Borealis or Northern Lights, belongs in its nature to the light seen on the Mountain of G.

These three, Sol (body), om (soul), and on (light-spirit), are to nature what the Land of D, the Valley of O, and the Mountain of G are to you and all other children.\*

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## EXERCISE

1. The same exercise as in last lesson, except that this time you are to watch the large black spot turn into golden brown.\*\*
2. Spiritual exercise.

\*See Appendix, Note 16.

\*\*See Appendix, Note 17.

## QUESTIONS

1. How many divisions has the sun?  
*Ans.* Three: body, soul, and spirit.
2. What do you know about his outer or body emanations?  
*Ans.* They are hot.
3. What elements do they affect?  
*Ans.* The four basic elements.
4. Name them.  
*Ans.* Earth, water, fire, and air.
5. What did you find out about the sun's inner or soul emanations?  
*Ans.* They are cold.
6. How does the sun with its cold soul and hot body differ from us?  
*Ans.* We have a cold body and a hot soul.
7. What other light besides the sun's force is like the Mountain of G?  
*Ans.* The etheric light.
8. What name did we give this force?  
*Ans.* Static force.
9. Do the souls of black boys and girls differ from white boys and girls?  
*Ans.* No, only the outer bodies differ.
10. Explain the difference.  
*Ans.* The difference is in the effect of the sun's rays upon the element which governs the black body.



## LESSON 15

### LIVING WATER

In the last two lessons you found out why there are different races and many religions in the world; and you came to understand that all races and **all religions are right expressions** of the right way to find God, for each race has its own lesson to learn.

Each race was given one outstanding religion, which had many branches as time went on, to be sure; but the mass religion of each race is always fitted for that race, and is given to it by one of its own people, who is properly trained and fitted for that purpose by the angels on the Mountain of G.

It is only when these races collectively or individually (that is, all together or one by one) turn away from God and serve the body and its material nature, rather than the soul and its attendant spirit, that they forget the path which leads to God. When people love things too much they no longer care to climb the Mountain, or talk with the angels.

You have already learned that when the element called earth was first worked upon by the sun and the light of the stars, it brought forth black carbon in nature and the black race in humanity. Now in this lesson we shall study the brown race of people, for after the exercise of turning the black spot to golden brown, you will readily understand that the brown race followed the black, and so should be the next in our course of study.

When the element called earth was exposed to the influence of the sun and brought forth black, why do you suppose a golden brown color should come forth when it was further exposed to the influence of the sun?

It was because another element and another influence were added. The element was **water**, and the influence was the **moon**.

The action of the earth element began to be affected by the water element, for you remember that the water sprites were in the second cave of the elements, and both the earth and your bodies are largely made up of water. When this happened the blackness of the sun element as carbon disappeared, and the golden metal of the sun, which was hidden in the earth element, slowly began to appear.

The metal is gold rather than any other, because that is the metal which belongs to the sun and answers to its call, just as silver is related to the moon. So we see in the brown race the look of gold beneath the skin, because the water elements rule this race and therefore they wash away the elemental solar blackness of earth.

Water is related to the moon in all physical nature, and so it would seem as though the metal ought to be silver instead of gold. But **the moon is a reflector**, and she first reflects the glory of her king the sun to such a degree that she does not change the color of her race to her own silver tone, but calls forth the gold of the sun in this brown race, even while she is at the same time injecting the element which she rules, namely water. So this is why the element water overcomes the earth element, and changes its color from black to a rich golden brown.

What a beautiful way it is for God to create—for each element to have its chance in the different races! And can you not see that of course each race will look for God according to its own share of nature's sun force and the elements which go to clothe the soul bodies of its people?

So we find the brown race loving the water lily, and making it their sacred flower; so much so that the flowers which grow in the soul land of that race must also look up to the water lily as their flower queen. For **each race has a soul, or Valley of O**, which differs in beauty from every other race.

You ask why, and the answer is because each sees that Valley with the eyes of the soul veiled in a different grade of the One Sub-



stance, just as the glass marble and the steel knife are of the One Substance, yet we see them as two different forms and use them for different purposes.

In the brown race the water lily is the queen and rules the entire flower family. They call it the sacred lotus, and desire it above all other flowers. In Egypt many years ago it ruled, and in India today it still rules, while many of our own white race love it.

When you study the great religions of the world, in the second series of lessons, you will understand still better why each race seems to be worshipping a different God, while in reality **they all worship the same truth**, working out in a special way through the mind of each one. So you see the mind has to work in two ways at once,—in the elements of the physical bodies and in the soul radiance of the heavenly bodies (the sun, moon, and stars). Otherwise people could not learn the lessons intended, or find how to overcome material conditions.

When the soul of each one of us returns to God and the Mountain of G, it must be able to stand amid the angels, clothed in the same radiant light and energy which the angels have, and this cannot be, so long as the grosser elements cloud the soul's shining radiance. If we are to see that glorious light we must be made of light ourselves, like the diamond after it is perfect.

Remember why we cannot see the stars by day. It is because the action of the sun's rays upon the four lower elements causes a cloudy vapor to rise above the earth, which is called the earth's atmosphere. And so long as we have those lower elements in a dense condition within our body, so that the earth and water in them are muddy and not clear and sparkling like the trees and flowers in the Valley of O, so long will we look cloudy and muddy in the eyes of the angels. And this should not be, for the soul in each boy and girl is just as perfect and just as much a part of God as any angel.

You can now see why the mind of an angel, because of its radiant

elements, can work so much more freely than ours, and can always judge aright. This is why we ask you to think often of the angels, who work under the guidance of our Lord Jesus, and ask them to guide your thoughts and actions in the right direction.

The white race also has the vapor and mist of water in its elements, and you will find when we study the life of Jesus that He often said we should get living water, and **by living water He meant mind**, for living water is so clear and sparkling that we could easily see through it, even if we looked at an ocean of it miles deep.

You have seen for yourself that a very little water from any lake or well looks clear and you can see through it; but when you take a larger amount you will find it cloudy. This is because it still retains some of its gross elements. It has not been distilled long enough by the sun's action upon the earthly elements.

We found that the sun's outer emanations are fiery and hot, and that heat causes movement, and movement (or momentum) causes vibration or rhythm. This is what purifies the gross vibrations, as the sun's force comes into contact with the dense elements of this planet Earth.

Nature is just the same on a larger scale as you are, with your body, soul, and vibrating spirit. So when the **etheric fire**, as well as the sun's force, comes into us, we get real purification indeed, and then **we really begin to shine** in the eyes of the angels. We would also shine in the eyes of each other, if we all had the eyes of our mind cleared of atmospheric mist, as they will be some day.

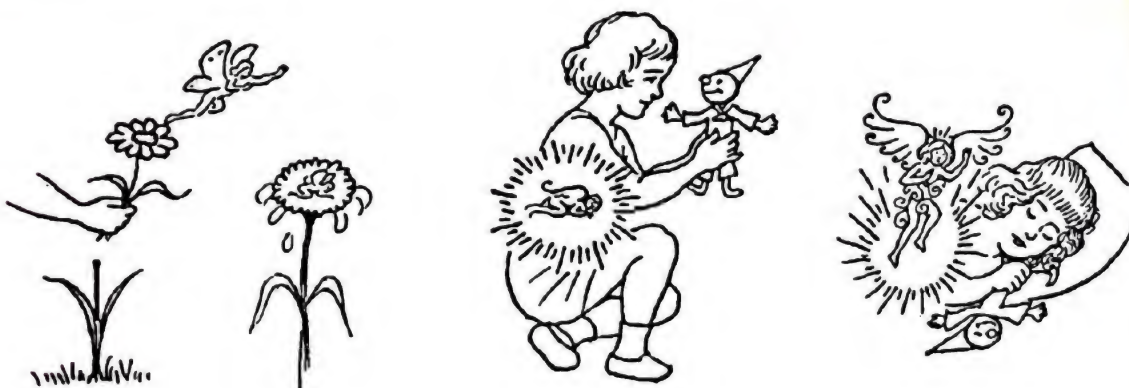
When the etheric fire element comes into a race, the people in that race have less atmospheric vapor in their bodies and more light. You know how a thick cloud can entirely cover the face of the sun, so that you cannot see its light rays. That is just what the element of water does to the physical bodies of a race, without the cleansing and quickening element of fire. Water cleanses earth, and fire cleanses water.



This is why we all love fire so much, for without heat the elements of our body stand so still that we become like rocks, fit only to be given to Mother Earth, and so return again to her elements.

But the soul of all things and people has the spark of God's immortal fire within it, and so it always retains enough light and fire to get out of these stand-still bodies, when our minds persist in seeking out the Mountain of G.

If you break the stem of a flower, its soul will slowly disengage itself from the flower and return to its Valley of O, and there wait for another flower of like nature to be planted for it to inhabit. This is because that flower soul knows that sooner or later, once it has been disengaged from the parent stock, it will die without having formed a seed, and so there will be no house, or body, for that little flower to remain in until next year. So it quickly takes its departure.



But if that same flower were left to go to seed on the stem, its **soul would stay there**, would condense itself to fit the tiny seed, and would live snug and safe in that seed, asleep while the season changed. In the case of flowers which live in the ground all winter, like the lilac tree or hardy rose bush, **the soul goes down into the roots**, and there it slows down its heat or fire element, and sleeps there all winter, waiting for the sun to awaken it in the spring.

This shows that the flower has two kinds of life: **a waking and a sleeping life.** And in this way you are like the flowers, for you also have two kinds of life. While you are asleep each night, your soul wakes up and your body slows down its action to such a degree that it does not hinder the soul's freedom. The body is awake by day and sleeps by night; the soul sleeps by day and is awake by night.

This is why prayers and good thoughts at night help so much, for if, before you go to sleep, you prepare your mind to receive the help of your soul during the night, you will find that in the morning you feel nearer God than at any time during the day.

For instance, if you pray at night that your body and mind may be pure enough to receive a soul thought, you will find it will be present the next morning in your mind, if you try to awaken very slowly. Do not jump around in bed or go to sleep again—just lie quietly and **look inside your mind** for the beautiful thought. Even though you may not find it the first time you try, after a time the soul will each night leave a lovely thought behind it, for you to think over the next day.

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### EXERCISE

1. The same exercise, but turn the golden brown spot into a yellow one.\*
2. Spiritual exercise.

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### QUESTIONS

1. What heavenly body is the element water related to?  
*Ans.* The moon.
2. What does the moon reflect?  
*Ans.* The sun, her king.

\*See Appendix, Note 18.



3. Does the moon change the color of the sun's blackness?  
*Ans.* No.
4. What does change this blackness?  
*Ans.* The water element.
5. How does it change it?  
*Ans.* By overcoming the earth element.
6. What is the result of this overcoming?  
*Ans.* A golden brown color.
7. What is this golden color?  
*Ans.* The metal gold in the earth element.
8. Where does the soul of the flower go when we cut its stem and separate it from its parent stock?  
*Ans.* To the Valley of O, which is the soul land for the flowers.
9. What becomes of the flower's soul if the flower is left on the parent stock?  
*Ans.* It goes into the seed.
10. When is the soul of boys and girls awake and free?  
*Ans.* During the sleep of the body.

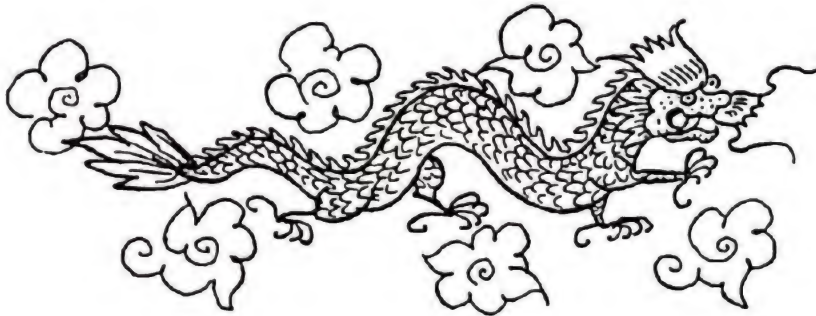
## LESSON 16

### THE SOLAR LIFE

In this lesson we shall begin to study the yellow races, for they followed the brown, just as in the last exercise you turned the brown spot into a yellow one.

The oldest race of yellow people we know today is the Chinese race, and in this connection I am going to ask you if you remember the exercise you had where you breathed in the color blue and breathed out the color yellow? Do you remember what you learned about those colors?

You were told that blue is the highest color in the nature scale, of which the blue sky is the visible emblem; and that the color yellow is related to both the sun and mind. So the yellow race must be closely related to these two.



Now the ancient and sacred emblem of this great yellow race was the **golden dragon**, which was a strange beast like a huge snake with eagle's wings and feet. If we again go back to the early lessons we shall see why the figure of this mysterious beast should be the symbol of the yellow race. This symbol has had an especial con-



nection, from oldest times in legend and myth, with mind and the sun.

You were taught that touch, taste, sight, hearing, and smell were the five physical senses, and that sense is related to the animal kingdom. (You know animals can do all those five things even better than we can.) But it was also said that mind (which the animals lack), rather than the lower animal instinct, should always direct the animal sense. That is, when we want to do something we should think about it first, and be sure it is wise and will do no harm.

So the symbol of the dragon itself denotes that in this yellow race the animal sense is awakening; and the solar color (gold) shows that this dragon of sense is known to be directed by the mind.

This ancient race knew in ages past all the great laws governing the animal senses, and how to quicken them; and many of their learned men still know these laws. But now the same result can be obtained in a different way, for the races are learning new methods of ruling the sense body. This is because they are growing in mind, and so quicken in love and light much more readily.

These people of the past knew that the **bones of the body are the sounding boards** which permit the ears to hear sound vibrations. And they knew also that by charging the bones with the magnetic energy of the solar rays they could hear not only the sounds of earth, but could also hear some of the vibrations of nature which are usually unheard by human beings. So you see when these people revered the bones of their ancestors, they were obeying an ancient law.

This ancient knowledge is now lost to most of them, but the tradition still remains that the bones of their people are sacred, and possess a power which must not be permitted to pass out of the family circle.

You can readily see how sound, color, and form all respond to vibration, and that each race has its share of these truths, and that



we of the white race in our turn have the benefit of all past truths, brought into suitable form for us to know.

Now the vibration which controls a race will give to that race its laws, its religion, and its racial traits, through the development of one or more of its advanced souls. And thus we find Japan goes direct to the source of power, for it has the rising sun as its national emblem. This is the same solar force symbolized by the dragon, but working direct in all departments, for the sun controls all elements of earth, water, fire, and air. It is the mixing of the sun's vibrations with the element controlling the race that tells the story of its understanding of God.

In the entire yellow race solar fire is the ruling energy; the solar fire of earth is awakening in the animal nature, that is, in the five senses. And mind always works through our animal senses, while the sun works through the elements composing our body.

Think again of the Mountain of G and the angels who were the light messengers. We found that in God's plan **light is the great messenger**, the visible body of love, the great energizer. Can you not see that in each primitive race this light is hindered from its free action by the condition of the elements controlling the race?

Suppose you were trying to make a loaf of bread. The four main things required for bread are flour, water (or milk), fire to bake it, and yeast to make it rise. When it is properly made it is a universal food.

But suppose you had to make it out of only flour and fire? It would be only a burned powder. Or suppose you had flour and water and no heat? It would be nothing but a sticky dough. Even if you had flour and water and heat, it would not be bread without the yeast, which permeates all and expands it.

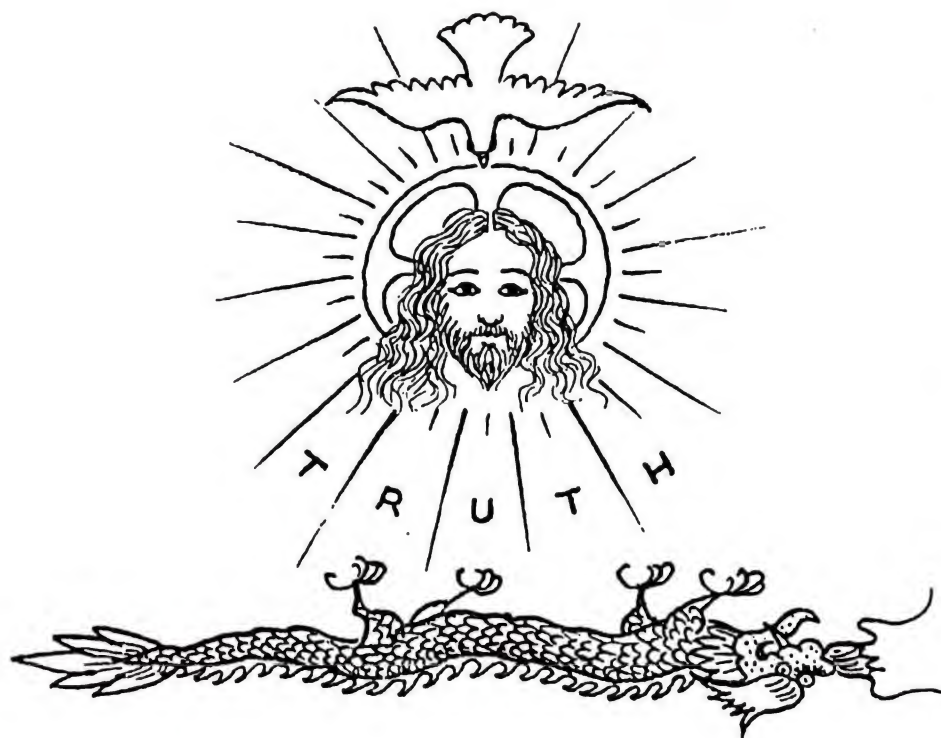
Then again, suppose you had all four things, but different grades of flour, liquid, yeast, and heat. Then you could make black bread, brown bread, yellow corn bread, or white bread. These four



ingredients for bread might be likened to the elements of earth, water, fire, and air governing the different races.

We have earth and sun, and solar fire as the controlling power in the black race; earth and sun, and water as the controlling power in the brown race; earth, sun, and water, and fiery air as the controlling power in the yellow races.

In the white race are all four, and air (the yeast) has control, for air causes all the other elements to lighten up and permit the etheric waves of the solar fire to permeate more freely the elements of the body. So we shall have in time to come the perfect milk white race, like the perfect loaf of white bread.



Then the animal senses can rise above the plane of animal instinct into the etheric realm of mind, and this wonderful fact was shown

to the world for the first time by the symbol of the beautiful dove which God sent when Jesus was baptised. For the dove is a symbol of the volatile solar spirit enclosed in the animal nature.

The positive spirit uses the animal kingdom of sense and form as its channel; the negative spirit uses the vegetable kingdom and appears in such forms as a tree or flower. The two elements fire and air are both positive, so that **animal bodies give off heat and take in air**. Water and earth are negative, so that **plants draw in heat and give out air**.

Yet both the vegetable and animal natures can be changed and their elemental forces reversed in action within the human kingdom.

The soul of the yellow race of boys and girls is just the same as our white race; what makes them think differently about life is the elements which go to clothe their bodies, and which make those bodies different in color. Color is a very strong factor in life, and all life and light and love in each race take their tone from the particular color rays of the sun which play most strongly upon the elements in control of that race.

Since the last three lessons have been rather difficult to understand, let us take a short review of them and see just what you have learned.

1. You have learned that all the souls of all the races are alike in their nature, and perfect in God's eyes.

2. But you found that their bodies differ. This law holds good as far as an entire race is concerned, but may vary in the case of individual boys and girls. In other words, a black boy may change his controlling elements, as far as his mind and his soul go, and so learn the wisdom of every other race while still inhabiting a black body.

3. You now know that the sun, or solar force, is the controlling factor in all the natural elements.



4. You have learned that solar force in its first form is magnetic and warm, and in its second form electric and cold. And that its third form is vibration, or the oscillation between these two, thus causing light to manifest. And **light is mind when conscious, and spirit when dormant.**

These four great laws you may think of as the One Substance of God working out in man and nature, for the body is the Land of D; the soul or shiny substance like the stars is the Valley of O; and the eternal light, or mind, that illumines the body, is the Holy Spirit within the Mountain of G.

Man and nature alike have these three: body, soul, and spirit. But man has one thing which nature lacks, and that is an active mind. True mind is a compound mixation of all these three, that is, it is made up of them all. If we take down all the partitions between them, so that there is a clear track from one to another, then a wonderful mind begins to grow in the midst.

Remember that God shows Himself to us in two ways: (1) through nature, and (2) through His Image man.

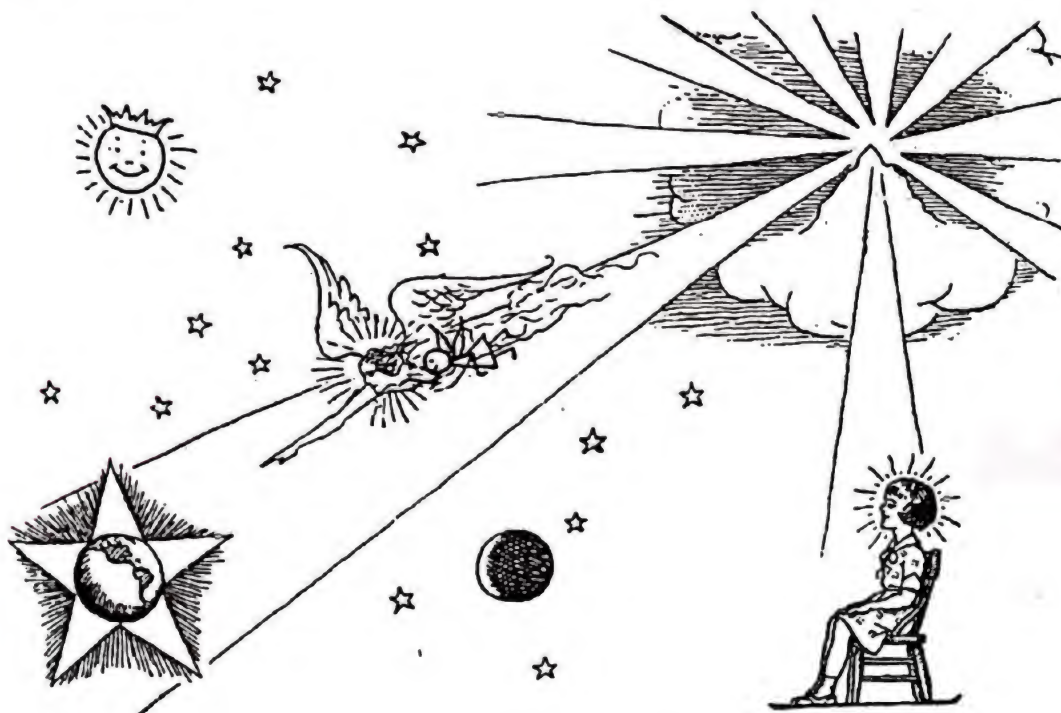
(1) Nature is ruled by the sun and his family, and includes the moon, stars, etheric space, and all the elements of our planet Earth. For as you know, our planet belongs to the sun's family of shining ones, and to the boys and girls on other planets it is a beautiful star, just like the ones we see in the sky at night.

(2) Man belongs in the other family, that part of God that includes all animal and heavenly forms, whether of the beautiful angels, or human beings, or animals. This family is ruled by Christ, who is the beloved Son of God the Father.

So you see all the races form just one great family of God on this beautiful star Earth; and all our souls, no matter what the color of the bodies, are little by little being filled with the same light you saw on the Mountain of G.

Now for the remainder of this lesson, if you will close your eyes as you did for the story of the Spiral Road, we will take another journey.

You must imagine you are an angel of God coming down from the Mountain for a visit to the star Earth, because you want to see what the different races look like as you fly over them. And you will find that to the eyes of your angel self the only difference between one race and another is that the soul light in each is colored by the main element in the bodies through which the light of the soul is shining.



Suppose first that you are floating over the continent of Africa, and seeing the various people there. The soul of that race will look somewhat dim, like light that shines through smoked glass. Even the trees in the forest do not glisten like those in your own angel land, for the substance in them is not as pure.



All you can see as an angel is that this great continent looks dark and dark. And that is what it is called—the dark continent, the great black land. Yet the flowers in that land, and the trees, and



the animals are the most beautiful in all our world, but to your angel eyes the beauty of the soul light is subdued by colors.

And so your journey goes on to India, where the people have in so many cases risen above the bodily forces and brought the soul nature through. Here you will see the soul light glowing through the body of the race as golden brown in color, and with a formation like the sacred lotus.

Again you pass to Japan, and what do you see? A gold colored light, as if it shone through yellow glass. The sun force is bringing

action also, or movement, to this race, and so the souls of its people look like little rapid streams of flowing force. The light has become clearer, so that we find beauty together with action in this mighty race.

Now you are floating over China. What do you see there? The same golden yellow light, but without such intense action. The placid light of the soul glimmers like light cast on a still pond of water. Beauty with stillness is the soul of this race.



In the next lesson you shall travel further, but you can see already that in this little journey your own soul senses have taken on themselves angel vision.



In all this bright star which is our Earth there are but two things, beauty and strength, and **both beauty and strength sleep or awaken as God wills.** Beauty of soul and strength of body, and the two are linked by mind.



We know that nature often takes rude means to awaken her elements of strength, but the beauty of the soul's light will receive the awakened strength and straighten out the ugly lines or sharp angles, and will again convert this strength and its attendant force into the light of beauty, with its angel wings of power.

Beauty is but light in another form, and strength is but the momentum of love in action. A love that permitted its children to sleep all day when the great sun is waiting to shed its light upon them would be a strange love; so nature uses love to shake up the

elements, and permit light to come with life, in a freer form, to keep the soul company.

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## EXERCISE

1. The same as in the last lesson, but blend the yellow spot into a red one.
  2. Spiritual exercise.
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## QUESTIONS

1. What was the ancient sacred emblem of China?  
*Ans.* The yellow dragon.
2. What part in man is animal?  
*Ans.* The five physical senses.
3. What directs the animal sense?  
*Ans.* The mind.
4. What did the ancient Chinese know about their own bones?  
*Ans.* That they could charge them with a solar force that did not die.
5. Why did they do this?  
*Ans.* That their vibrations might increase in power.
6. What was the result of this increased vibration?  
*Ans.* They could sense the vibrations of nature.
7. What does the sun work through most freely?  
*Ans.* The elements of earth.
8. Why?  
*Ans.* Because our planet Earth is to the sun a star.
9. Name the sun's family.  
*Ans.* All stars, moons, and their elements.
10. Name the family to which man belongs.  
*Ans.* The human family, which includes the angels above him and the animals below.



## LESSON 17

### THE GREAT SPIRIT

We are now about to study the red race, the one that is perhaps most intriguing to children. The American Indian is the best known representative of a mighty race that peopled this and other continents once, but is now fast disappearing.

Red is the color of blood or life, and by its purity do we know the grade of life to which it belongs. For instance, the red ruby is the most perfect red on earth, so far as material colors go, and we might think there was nothing more beautiful. Yet when we see the colors of the aura (or the light surrounding each person) with the soul's light shining through them, they so far out-rival all material colors that we are surprised and delighted.

Babies are born red at first, and then change after exposure to the sunlight; for green is nature's **vegetable life** color, and red is nature's **animal life** color. So we see that the people of the red race were nature's own children.

As a race they worshipped the Great Spirit, and their favorite attitude of prayer was to turn their hands down and their faces up, thus showing by their position that they knew part of them came from earth and part from the heavens.

In this race the girls were strong and the men brave; strength and bravery were their racial traits. Yet when we study the red man of the past we find that his race rose to great heights of culture. It built great cities and had mighty kings and rulers.

The Aztec Indians were the leaders, so history relates, but there is a tale of an Indian race called the Atlanteans, now lost and unknown, of which our American Indian is said to be the offspring. But we are only going to study such races as exist today, as this is

all we need in order to understand the Christ lessons in the second series.

The people of the red race were stern and seldom laughed, the reason being that nature had such a hold upon them that they seemed filled with the sternness of mountains, and feared to laugh.

Living fire was their emblem, and when they wanted to decide any question or have a feast or dance, either for purposes of rejoicing or war, they always built a huge bonfire, around which they gathered. Without fire no ceremony was complete. Their greatest form of mourning was to let the fire die out and permit the ashes to grow cold.

To their wise men the Great Spirit was the sun in his aspect of a mysterious Sun-god; but to the common people he was worshipped because he was fiery in his outer nature, and the giver of comfort and warmth. Their heaven was called The Happy Hunting Ground.

When you learn to study all nature and its laws in the heavens as well as our earth, she will readily disclose her secrets to you. It is only when you go about with eyes tightly closed and ears deaf to her voice that you do not notice the story she is constantly telling.

She plainly says at every turn: "I am the One Substance of God, and I am divided into many forms only for the purpose of weaving a beautiful garment for the souls of all God's children, and of permitting them to grow in God's perfect light and love, that their minds may shine afar and learn His beauty. For **mind is beauty**, and **substance is strength**."

When God moved to create, His mind spread over and through all His Substance, and when we begin to re-create we use again the same One Substance and mold it into new forms. For while we can direct this Substance into many channels, we cannot create another Substance.

Only God can do that, otherwise there would be in His universe



a part of the creation which was not in direct contact with Him, and from the meanest worm of earth to the highest angel of heaven all is of God's One Substance, and is in direct contact with some part of His mind.

This same law holds good in the great domain of nature. What we look on as the dirty puddle of water, the slimy mud, the darkest cloud in the sky, the fire in the furnace in the cellar,—everything is a part of God and covered with His wings, through the force called Mother Nature.

This little talk may seem to take us away from our study of the red race, but it has a direct bearing upon the subject. You can see how the red man is dying out—how the so-called white race has gotten rid of him. This at first seems very hard, yet when a race has learned its lesson and carried out its mission its souls pass away and then **come back to inhabit another race.**

You can see why this must be so, because when the note of earth which was to belong to the race has been sounded, and the color established in the soul's garment of light, the labor is done, and those souls are ready to go on to another elemental note and another color.

Each one must be finished in turn, because, as I have already said, the mission of each soul is to begin with the sun's ray in its first emanation, which is black, and travel up through all the grades of color in that black ray until it reaches its real place in nature, which is the radiant white light.

In other and plainer words, it must keep on until the pure white light of the soul overcomes all the colors in a single ray of sunlight. Until then it is still in bondage to nature, and **God wants man to control nature**, not be controlled by her. Nature is the true servant of God and man, and so long as one child of God is not free, so long are we as a whole in bondage.

The soul is free born; only the elemental body is bound. But in the next series of lessons you will find that **Jesus taught a redemp-**

tion of the body as well as of the mind, so that we may appear before the angels pure and shining in the light of the soul and mind of God.

The red race not only reaches the end of the natural elements which we can see, that is, earth, water, and fire, but also enters the airy elements which we cannot see. But it is primarily of the fire. Even though we are able to see fire, it can hardly be called a dense element, for it always leaps and glows and is full of life and warmth. We might call fire the magic that turns things we can see into things we cannot see.

The Indian shows his relation to fire, for his racial dance is made up of leaps and high jumps, not unlike the flames of the fire. So, strange as it may seem, perhaps this race was grave and had much dignity because its people knew the Great Spirit was lifting them above the dead weight of earth and water by means of fire, that they might in turn mingle and merge with the airy element. It is as though these people formed a bridge between the dark races and the white races.

We must try to see the beauty enclosed in these four servants the elements, and not to be afraid of the strength of earth or water, because beauty will always overcome and clothe strength in its own shining light. Strength is but love in some form—you know how strong your father is, and yet how gentle he can be, because he loves you.

Now for a few minutes let us continue our journey of last week. Close your physical eyes and open the eyes of your angelic soul within. Try to see this red race with the eyes of your soul only.

We first journey over the great ocean between China and America, and to the eyes of the soul the sea is not a barren waste of water, but a glowing spirit, with many forms of water life as its children.

See the beautiful coral, the pearls within the oyster's shell, and all the great and tiny fish, looking like darting flashes of light. The



fish belong midway between the two poles of hot and cold,—the hot of animal life and the cold of mineral and vegetable life. They are cold like the stone and the plant, but they can move about like the



animals. Most of their blood is colorless like the plants, but a little of it is red like the animals.

We look at the strength of the sea and find underneath it the beauty of its life, or the soul light in all its inhabitants.

And so we come to America, where the red race ruled. If you could only see them, not as they are today but as they were long ago, you would find joy in every form, from the barking dogs to the tiny babies strapped on their mother's backs. And shining through the red glow of this race's pure soul light, you would see a dancing and

leaping for joy, because it is at last coming toward the air element. Fire ruled this people, and color,—not only in their skin but in their religious ideas. They worshipped God through the red glow of their ruling element fire, and fire not only gives warmth and joy, but it destroys much in order to give us a little. Notice how a large piece of wood, when it is burned, leaves but a tiny ash, while the smaller and more solid lump of coal leaves a larger amount.



This element of fire in man always moves toward good, destroying that which is weak and leaving that which is strong. And so we find why this race valued strength and bravery so much, for only the brave can pass through this red race toward the pure white light of



the soul. Brave must be the soul that dares to live in the fire element of God.

Next lesson we come to our own race, the fifth, where we find a new elemental condition for the soul of man to overcome, a condition where we gladly lay hold on the strong and lasting strength of the two lower and fixed elements.

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### EXERCISE

1. The same exercise, but turning the red spot into white.
  2. Spiritual exercise.
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### QUESTIONS

1. What is the color red?  
*Ans.* The color of life.
2. How can we know what grade of life it belongs to?  
*Ans.* By its purity.
3. What do we mean by purity?  
*Ans.* That which permits light to shine through.
4. Why must light shine through?  
*Ans.* Light is the soul.
5. Why do we want the soul light clear?  
*Ans.* That the spirit of love may freely work.
6. What element controls this red race?  
*Ans.* Fire.
7. Is black a color?  
*Ans.* No, black is a condition.
8. What is this condition?  
*Ans.* A denseness.
9. What overcomes this denseness?  
*Ans.* Vibration, resulting in action.
10. What causes vibration?  
*Ans.* Movement.\*

\*See Appendix, Note 19.

## LESSON 18

### THE WHITE LIGHT

In this last lesson we come to the most interesting race of all, that is, the white race. It is composed of two branches of people. The first is a mysterious white race that has always existed and the other is the synthetic or nearly white race to which we belong, and which is made up of all the races we have been considering, as their souls incarnate in it one by one.

The members of the first or mysterious white race have acted as prophets and teachers since the dawn of civilization, and thus have incarnated in the various races at will; but never for an instant have they lost their pure white soul light. Their ability to keep the light was why they have been at all times able to act as leaders. They did not have to labor to become intellectual, for the pure white light of the soul is always in constant contact with the Mountain of G, where there are no mental clouds.

Sometimes these members of the true white race act as religious leaders; again they work in the scientific field. At still other times they are authors of a certain form of literature which has served to enlighten the people of their day and age. **They go wherever they are needed most.**

It is very seldom that people recognize these children of light as being any different from themselves, except to admit that they have certain intellectual qualities far in advance of others. For instance, Thomas Edison, Benjamin Franklin, William Shakespeare, Emerson, and so on, were men who possess or possessed the pure white light, and the mind which accompanies this light.

These children of light will blend more and more with the present white race as time goes on, and thus in the course of time the **true white race will emerge** from our present so-called white race, but



will be infinitely more glorious. And this white race of the future will spring from the melting pot of our new country, founded upon the mighty race of fire and air that preceded it so long ago, and which reached its apex while some of our present continent was still beneath the sea.

White is a mixture of all colors, according to the splendor of the grade of whiteness, and so it is plain that we are not as yet the real white race, for they will have more of the pearly whiteness than we. A real pearl has a milk-white surface, with the rosy glow of life showing through.

This white race already beginning has in it the sun working equally in all the elements, for in the last race, the red or fire race, air came in also to feed the fire and bring circulation through all the elements. This is why we found the red people in their racial dances leaping and jumping into the air.

Remember that these simple lessons deal only with the five main races, and you must so understand them. There is not time in such a course to study the people of the various shades within the black, brown, yellow, red, and white; and the sole idea in this study is that you may the better understand the Christ life when we come to the religion of our own race in the next series.

What you must know about religion is this: that the love and knowledge of God are always colored by the race, and the climate, and the conditions in which each one is born. The soul of each boy and girl has to take on itself the racial traits of its father and mother, and their fathers and mothers,—the people plus the country in which each is born. Thus a black baby born in Boston has in its blood all the traits of its black race, but it also has all the chances to improve its mind that the New England boy or girl has whose race is white.

You understand by this time that the One Substance of God has four aspects, like the different poles of this planet: north, south,



east, and west, with a central point of balance, or gravity. You also understand about the four elements, and know that they belong to the sun's family, because our earth is a sub-planet to the sun.

And you can now begin to understand that when the four elements are mixed together we get another grade of energy, one in which earth, water, fire, and air are all evenly blended. This energy is **etheric** in its nature, and is somewhat the same as the air in the sky above the earth's atmosphere, except that it is rarer and more powerful.

So the members of the present white race are air people, and are verging on the fifth grade of energy called **ether**, which comes from the sun's action on the now evenly balanced four elements composing the body of the future white race, or resurrected people.

This **ether is called the fifth element**, and because of the amount of etheric energy coming into the elements of the new white race, they will excel as a race in mind activity.

You know how sweet the atmosphere is after a hard wind has blown for a time. We draw in long breaths and say how good the air smells, and each one of us feels more alive and more like work and play. This is because the great rush of air clears away the fog and dirty vapor about the earth, and lets in the clean ether from above to take its place.

You now understand why the red race was here in America before the coming of white people. Have you not learned that all babies are red when first born? And this great red race was the baby, or herald, which was to usher in the new white race of the future, the synthetic type about to be born here in America, those who will be worthy to know God in His fulness, through His Son Jesus Christ.

Jesus foretold this new race of the future, and its first fruits have already matured. You know that when the first fruit of summer comes, the cherry, a few turn red earlier than the rest, and we can



hardly wait to taste them. They fill us with greater joy than the fully ripe ones later on, for they are the first cherries, and seem for that reason to have the best life of the cherry tree in them. All nature sends first her best and strongest to pave the way for the weaker ones.

So this great red race came as the first fruits of our new country, with all the fiery energy of the elements fully awake, and with the traits of strength and bravery, in order that its white brother might later reap the benefits of its labor. It established the seed for the white light by planting in the earthly elements the red life-color and its traits.

All life is brave, from the smallest snail crawling along the muddy road to the highest eagle in the sky. But **beauty of light is necessary also**, and we, having white (or nearly white) bodies, can let the light of the soul mind shine through in its beauty far more easily than any other race.

Why? Because white glass lets in more sunlight than colored glass, and **light is the carrier of the invisible energy of love**, for God is love. His One Substance in its best form known to us is: love and light in the heart and mind of a little child.

Mozart was but five or six years old when he began to play and compose music, for his mind was so clear that the soul light could shine through without hindrance in the realm of music. This is a great example for all children, showing what God's invisible energy of love, and His visible light of mind can do in a small child.

Love rules the heart, and light rules the mind; one without the other is not complete. Love without a good clean mind is but a foolish thing, and mind without love is cold and cruel.

Again let us compare the coming white race of this planet to the pearl. What a beautiful thing a pearl is, to come out of darkness and water—both salt and fresh water, but the most beautiful pearl is a salt water pearl.



Almost all precious jewels can be imitated and look well but the pearl; that always lacks the rosy glow of life, when it is made by man. He may put into it the color red or pink, but it does not look as if it came from within, as the real pearl does. The glow of a beautiful pearl shines out like the rosy cheek of a pretty girl.

You should realize now why the religion of the white race treats not only of the soul but also includes the body. At any rate, if you think hard for a short time you will soon see why. It is because in the long journey from black up through the different colors, all the elements have gradually been bleached of that denseness which could and did keep the soul from shining through. And so long as the body is in such a dense state the soul remains separate from it.

The Chinese race knew this when the wise ones lived, and they so refined the material elements by the vibration of the bones that they could in some degree overcome this denseness. But we of the white race, having delicate and more nearly white bodies, with high strung nerves, do not need such extreme measures—they would only prove harmful to us.

So we, following our teacher Jesus, are purifying our bodies by thinking good true thoughts, and doing loving deeds, for that is the injunction He laid down. Love for each other and a clean pure mind was His command, for **Jesus knew that love and light go hand in hand**. These two laws are the basis of His teachings.

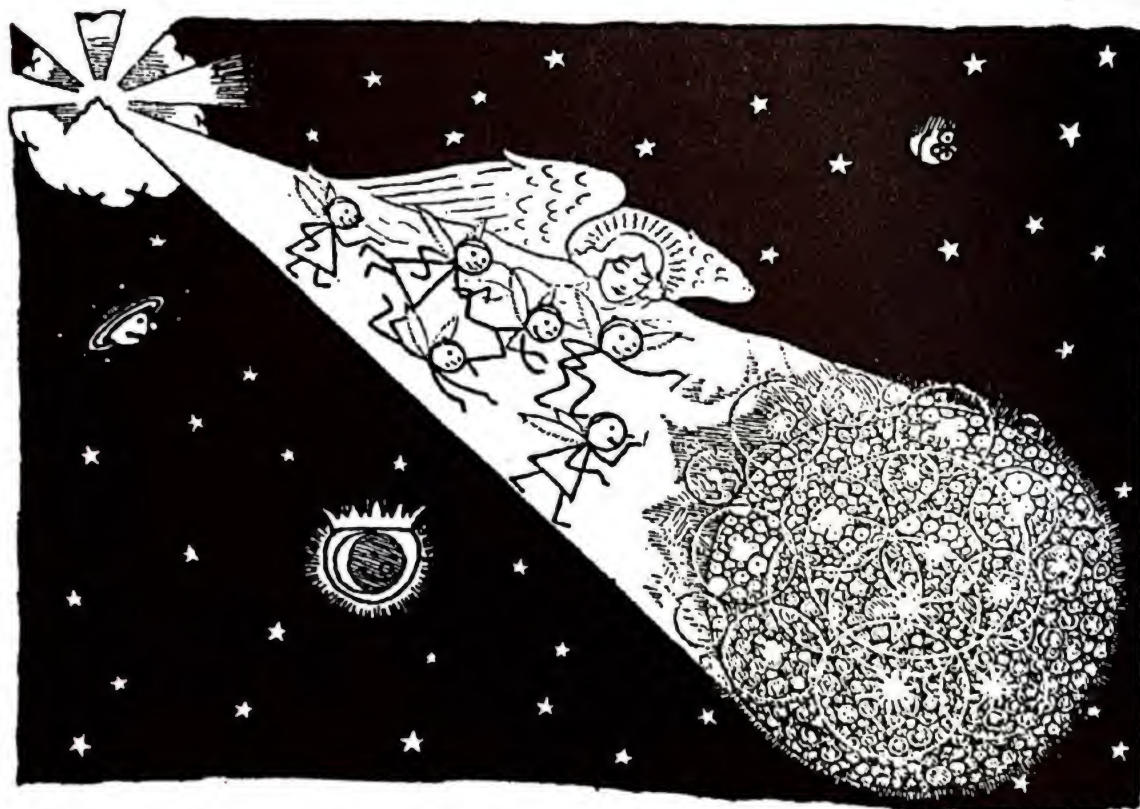
Other teachers used harsher means to awaken their race, but Jesus was called gentle, and He advocated gentle methods, only we as a race are stubborn and will not truly carry out His law. But you who are learning these truths will know the laws of love and light, because they are being taught clearly; and by this means you will always be able to build your own future, for a law once clearly understood never leaves us.

It would be well to talk a little more about a clear mind and how you are to get it, because it is so very important.



Idle thinking now and then, or once or twice a week, will not do the work. Unless you practise day by day earnestly in thinking good thoughts you will not accomplish what Solomon meant when he said, "As a man thinketh in his heart so is he." A thought must be persisted in for a long time before it can reach the heart and enter the blood stream of your life.

This is the mistake our Christian race makes in carrying out the laws of Christianity, for these laws are so simple that we pass them by and turn to other methods of gaining heaven, only to find that they do not work.



Why do they not work? Even you can now answer this question. We as a white race cannot stand harsh methods. Our elements respond too readily to be driven—they must be gently made to

respond. Harsh treatment brings about only pain and suffering for the white race.

Now if you will close your eyes we will complete the angel journey over the earth.

This time we shall not confine ourselves to any one country, for the white race is in some parts of all countries, and all other races are in some parts of the white countries. So we lift our great mental wings and fly faster than any flying machine, because we not only have our wings as angels, but we have the vibration of all light to help us.

And over each land are many beautiful colors, each with many different shades, so that to our angel eyes the world looks like a great bouquet of flowers, or a glorious stained glass window. The lighter the color the farther does it shed its beams, just as with electric lights the deep colored glass makes the light within look dimmer.

In all the races there are souls that are shining clear and far, just as in them all there are some that are dim. And in the white ones shining among the beautiful colors of the other races you must not feel ashamed if many are dim, and if here and there you see those that look as though the soul had dirty white windows to shine through.

It is not because the soul within is dirty, any more than the souls in the colored lights are dirty. It is because the mind within the body is still asleep and has not found out that the "pearl of great price" is its own precious house, the body, and so it is careless in training it.

In time to come all the colors will grow lighter and purer, till they are the palest pink, and straw color, and the bluish white of the stars. And more and more of them will glow with a pure white brilliance, till the children on other planets will say to their mothers, "What is that one star that shines so very bright?" And the mothers will answer, "Why, that is a star called **Earth.**"



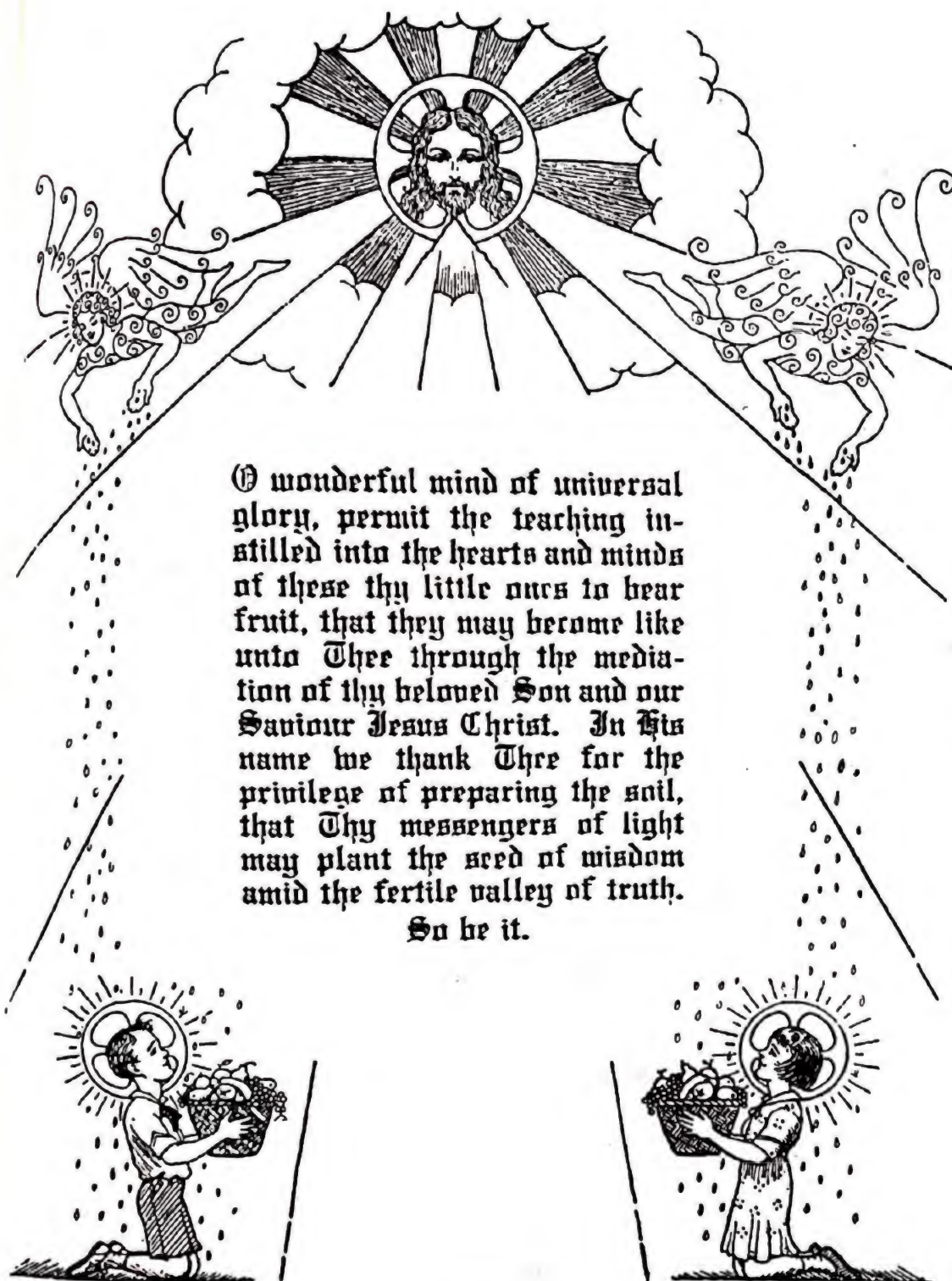
I hope very much that this journey with your inner eyes will stay a long long time in your memory, and that each time you think of it you will make up your mind anew that no angels shall be able to report to the Master Jesus that they have seen a dirty white light shining about you, for now you know the laws of the soul light, and realize that by a loving heart and a clean mind you may keep your pearl clean and white. Then its rosy beams will radiate afar, so that all may see the good work going on within you, and find out how hard you are trying to light up your dark elements.

This lesson concludes our study of the earthly elements and the heavenly planets. In the second series we will turn our attention to the great religions that now exist on earth, ending with a study of the religion of Christianity.

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### EXERCISE

1. In doing the exercise this time, visualize a round cluster of colored lights representing the different races.
2. Watch them turn lighter until they all become one clear bright diamond, as big as your head, and as pure as sparkling water, with no color at all.
3. Then turn it into a milk-white pearl, with pale colors shimmering over its surface: pale blue, and pink, and yellow, just as the colors melt into each other on the surface of a big soap bubble.
4. Do the spiritual exercise.



O wonderful mind of universal glory, permit the teaching instilled into the hearts and minds of these thy little ones to bear fruit, that they may become like unto Thee through the mediation of thy beloved Son and our Saviour Jesus Christ. In His name we thank Thee for the privilege of preparing the soil, that Thy messengers of light may plant the seed of wisdom amid the fertile valley of truth.

So be it.



## APPENDIX

(Containing Suggestions for Parents or Teachers.)

NOTE 1. Explain very carefully that the Christian religion understands God as a trinity, father-mother-child, or spirit-soul-body, in one, but that God is generally recognized as a male Deity, and therefore is referred to as He in the Bible.

NOTE 2. Explain to the children that when you refer to the four elements it is meant that all the elements come under these four general headings, but that there are a vast number of elemental gradations known to modern chemistry, and that in these lessons only the essence, or genesis, of the elements is being considered now. Always be truthful and general in any scientific explanation, teaching the children that knowledge of spiritual law must be always looked at from the simplest viewpoint possible.

NOTE 3. Ask the children to name other things in which this One Substance exists, until you feel sure that all of them really do understand that God is everywhere and in all things.

NOTE 4. Here it would be well to explain simply and truthfully that the angels of goodness work only in the light world, and that the reason they can reach the minds of children more easily than those of grown people is that the light-body of a child has not yet grown cloudy, i.e., become dense with materiality; that angels are in fact God's *children of light* who devote themselves to service, and who labor through the fourth dimensional world of thought.

NOTE 5. Use only the first half of this exercise at first, then as the children grow accustomed to the idea of blue coming in through the nose, take the last half, and then join both colors in each breath, blue as it comes in through the nose and golden color as it goes out through the mouth. Be very careful with this exercise. Tell the children that blue belongs to the highest colors of nature and gold to the best in the mind of man, and do this in words that will best convey this thought to them. Be very careful always to tell the children the *real facts first*, then use your fancy and image forth any story, picture, or thought that will help to convey the truth. Remember that children's material minds are like wet clay, ready for the truth or illusion. Let only the truth enter.



NOTE 6. Here stop and permit the children to discuss a tree, its form and its nature. Tell them its beauty and formation depend upon whether it corresponds to the light messengers or to the dark ugly messengers. Try to give life and intelligence to all nature for the children, that they may come to understand the reality of a Divinity in all nature and all mankind. The rule of terror is over for children as well as man, and God must be a God of love. The questions given with every lesson are to make children think along reasonable lines, so be patient and let them tell all about their ideas regarding God and His angels.

NOTE 7. These exercises are to help children visualize, and to increase their creative imagination. They will also prevent the objective mind from ruling the light of the soul's intellect.

NOTE 8. Parent or teacher spreads out hands and closes eyes also. Never permit children to sit in silence longer than one minute lest they become too fanciful. Always encourage a bright lovable outlook upon the things of God and nature.

NOTE 9. Let the children learn the law of the *trinity of God and man* through this picture story of the Land of D, the Land of O, and the Mountain of G. Should any of them be clever enough to find out that the name of God reversed spells dog, explain that man is related to the animals through the material body, which comes from the animal plane of earth. Also make it very clear that the earthly animal nature is as much a part of God as the divine heavenly nature. In plain words, animal-man, or material man, has only a material mind and knows only material laws, while the divine man knows the divine laws. This should be simply told to children, and explain that they will be taught all these matters more clearly later on. Keep them thinking along the lines of the lectures at first; do not discourage questions, but make those questions conform to the lessons taught or else you will have each child trying to outdo the others in asking things that do not come under the head of the lesson under discussion.

NOTE 10. Begin your review of the exercises with the first and go through them all, explaining the co-ordination of the mind with the body, helping the children to realize that beautiful thoughts cause the body to respond more and more quickly to the mind. From now on, if you have not done so, always use classic music in the spiritual work, as the mind of a child responds to music through its sound vibrations.



NOTE 11. Ask the children if they tried the exercise of last week and what results they had. Keep going through the formula with them each week, adding from now on the new sentence, "I am filled with love," then directing them how to send this loving thought to the Mountain. Permit them at first to picture mentally the Mountain as something *outside* of themselves, or the principle itself; then later on try to personify the Mountain and teach the children how to go *within* to find it. Then read Mark 9:36, 37, 42, and point out how Jesus loved children and believed in them because of their loving nature.

NOTE 12. Ask the children to name other things that can be changed, and how to do it.

NOTE 13. Try out various words, expressions of either love, hate, anger, or harmony, and ask the children to tell what effect the tone and words have on them.

NOTE 14. As the rest of this series deals with an entirely different subject it might be well, before going on, to have a condensed summary of these twelve. By reviewing the questions in the different lessons you can be sure that the children understand somewhat the fundamental ideas contained in them. The mind of a child will absorb much more of truth than we realize if we tell it in symbolic form and keep hammering it home in simple yet clear language.

NOTE 15. Explain that these exercises are to reproduce symbolically what takes place in the elements clothing the bodies of the different races, as the action of the sun causes these elements to change in nature.

NOTE 16. Explain the laws of opposites in a simple manner.

NOTE 17. Explain that the golden brown tone is caused by the change which is taking place in the nature of the earth element.

NOTE 18. Tell the children the names of the brown races on earth today, such as the Armenian, Turk, Indian, Hindu, and Egyptian.

NOTE 19. Tell the children that movement causes heat, and vibration results, as movement always has two poles, hot and cold. Heat always denotes something to be heated.